

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL BREAKFAST - ALL WEEKS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL AND HOT BREAKFAST - ALL WEEKS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - HOT BREAKFAST - ALL WEEKS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL SCRAMBLED EGGS HASH BROWN POTATO WHITE BREAD ^WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS WAFFLES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 1**  
 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA SPANISH OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR HH BOILED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	FRIED FISH FILET ^OR HH BKD FISH #OR PEANUT BTR AND JELLY (2) MACARONI & CHEESE ^OR BAKED POT ^CARROTS CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^TARTAR SAUCE DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE FAJITA SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN REFRIED BEANS ^OR PINTO BEANS ^SALSA ^FLOUR TORTILLA ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH CHICKEN #OR COTTAGE CHEES ^STEAMED RICE ^COLLARD GREENS ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR BAKED POT ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY W/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CHICKEN LO MEIN ^OR HH LO MEIN #OR SOY LO MEIN W/LO MEIN NOODLES ^OR HH NOODLES ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI DOGS ^OR HH CHILI #OR COTTAGE CHEES ^BAKED POT ^GREEN BEANS ^PINTO BEANS CATSUP&MUSTARD HOT DOG BUN ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	LASAGNE ^OR SPAGHETTI W/HH MEATSAUCE #OR SOY LASAGNE ^GREEN BEANS GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	*PORK ADOBO ^*OR HH PRK ADOBO #OR PEANUT BUTTER AND JELLY (2) ^STEAMED RICE ^KIDNEY BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT BROWN GRAVY ^STEWED TOMATOES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	^ZESTY BEAN SOUP TUNA SALAD SAND ^OR HH TUNA SLD #OR BLD EGGS (2) #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POT ^CARROT SALAD ^LETTUCE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	ROAST TURKEY ^OR HH ROAST TRKY #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO ^PEAS AND CARROTS CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 2  
 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR HH OVN BR POT ^AND WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	BEEF TACOS ^OR HH BF TACOS #OR SOY TACOS REFRIED BEANS ^OR PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SHREDDED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MARINARA SAUCE ^OR HH MARINARA S CHEESE PIZZA ^OR WHEAT BREAD ^NAVY BEANS ^SPINACH ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED CHICKEN ^OR BAKED CHICKEN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT ^STEWED TOMATOES CHICKEN GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	^OLD FSH BEAN SOU GRILLHAM&CHEES(2) ^OR BOILED EGGS 2 ^W/WHEAT BREAD ^& SALAD DRESS #OR CHEESE SAND 2 #W/SALAD DRESSING POTATO SALAD ^OR BAKED POT ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	PORK BBQ ^OR HH ROAST PORK #OR PEANUT BUTTER AND JELLY (2) MACARONI SALAD ^OR HH MAC SALAD ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE ^SIMMERED CABBAGE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	POLISH SAUSAGE #^OR SOY BURGER #W/SALAD DRESSING AU GRATIN POTATO ^OR BAKED POT SAUERKRAUT ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN CHOW MEIN ^OR HH CHOW MEIN #OR COTTAGE CHEES FRIED RICE ^OR STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI MAC ^OR HH CHILI MAC #OR SOY CHILI MAC GRILL CHEESE SAND ^OR CHEESE SAND ^PEAS ^NAVY BEANS ^MARGARINE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BEAN BURRITO ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	CREOLE FISH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^GREEN BEANS ^COLESLAW ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	ROAST TURKEY ^OR HH ROAST TRKY #OR COTTAGE CHEES ^BKD SWEET POTATO ^SPINACH ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 3  
 UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA CHEESE OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHILI CON CARNE ^OR HH CHILI #OR SOY CHILI ^STEAMED RICE ^WH KERNEL CORN CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	^OLD FSH BEAN SOU TUNA SALAD ^OR HH TUNA SALAD #OR BOLD EGGS #W/SALAD DRESSING POTATO SALAD ^OR BAKED POT ^GREEN BEANS ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BBQ CHICKEN ^OR HH CHICKEN #OR COTTAGE CHE POTATO SALAD ^OR HH POTA SALAD ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^COLLARD GREENS ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR BAKED POT ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF ENCH CASSERO ^OR HH ENCH CASS #OR CHEESE ENCH ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^MIXED VEG ^SALSA ^MARGARINE PAT ^BEVERAGE	TURKEY POT PIE ^OR HH TRKY & NDL #OR PEANUT BUTTER AND JELLY (2) ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN STIR FRY ^OR HH STIR FRY #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	ROAST BEEF ^OR HH ROAST BEEF #OR PEANUT BUTTER AND JELLY (2) OVEN BRO POTATO ^OR BAKED POT BROWN GRAVY ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED ZITI ^OR HH BAKED ZITI #OR SOY BKED ZITI ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN FRY STEAK ^OR HH BF PATTY #OR SOY BURGER MASHED POTATOES ^OR BAKED POT ^GREEN PEAS CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF TACOS ^OR HH BF TACOS #OR SOY TACOS REFRIED BEANS ^OR PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^CHOPPED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10 - WEEK 4

UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR BAKED POT ^AND WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE FAJITA SPANISH RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^WH KERNEL CORN ^SALSA ^FLOUR TORTILLA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND POTATO SALAD ^OR HH POTA SALAD ^NAVY BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH CHICKEN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POT CHICKEN GRAVY ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BEAN BURRITO ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	OPEN TURKEY SANDW ^OR HH ROAST TRKY #OR CHEESE SANDW #W/SALAD DRESSING MASHED POTATOES ^OR BAKED POTATO ^MIXED VEGETBLES CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE ^CARROTS ^NAVY BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER #W/SALAD DRESSING MASHED POTATOES ^OR HH MASH POT BROWN GRAVY ^SPINACH WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHILI DOGS ^OR HH CHILI #OR COTTAGE CHE POTATO CHIPS ^OR BAKED POT ^COLESLAW CATSUP&MUSTARD HOT DOG BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY M/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^MINESTRONE SOUP SUB SANDWICH #OR CHEESE SAND ^OR BOILED EGGS 2 POTATO CHIPS ^OR BAKED POT ^CARROTS ^LETTUCE ^SALAD DRESSING ^MUSTARD HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CREOLE FISH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BKD SWEET POT ^GREEN PEAS ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STEW ^OR HH BEEF STEW #OR PEANUT BUTTER AND JELLY (2) ^EGG NOODLES ^GREEN BEANS ^PINTO BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY10- WEEK 5

UPDATED July 20, 2009

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA GRILLED OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	MEATBALL SUB ^OR HH MEATBALLS #OR SOY BURGER #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POT ^GREEN BEANS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	JAMAICAN JERK CKN ^OR HH CHICKEN #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BF PATTY #OR SOY BURGER FRENCH FRIES ^OR BAKED POT ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR HH POTA SALAD ^PINTO BEANS ^MIXED VEG ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR CHEESE SAND #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POT ^SPINACH ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	SLOPPY JOE ^OR HH SLOPPY JOE #OR SOY SLOPPY JOE OVEN BRO POTATO ^OR HH OVN BR POT ^PEAS HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF TAMALE PIE ^OR HH TAMALE PIE #OR SOY TMLE PIE SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	*BBQ PORK ^*OR HH ROAST PRK #OR PEANUT BUTTER AND JELLY (2) ^NAVY BEANS ^STEAMED RICE ^SIMMERED CABBAGE DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	STEAK& CHEESE SUB ^OR HH ROAST BEEF #OR CHEESE SAND #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POT ^CARROTS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^MINSTRONE SOUP ^CHEF SALAD W/ ^LETTUCE ^TOMATOES ^CUCUMBERS ^BELL PEPPER ^3 OZ SHRD TURKEY ^1 OZ CHEESE ^1 BOILED EGG SALAD DRESSING ^OR DIET DRESSING WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	POLISH SAUSAGE ^OR COTTAGE CHE #OR SOY BURGER #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POT SAUERKRAUT ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STIR FRY ^OR HH BF STIR FR #OR SOY BURGER #W/SALAD DRESSING ^STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CKN ENCHILADA CAS ^OR HH CKN ENCH C #OR CHEESE ENCH ^PINTO BEANS SPANISH RICE ^OR STEAMED RICE ^WH KERNEL CORN ^SALSA ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 1  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA SPANISH OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR HH BOILED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	FRIED FISH FILET ^OR HH BAKED FISH #OR PEANUT BTR AND JELLY (2) MACARONI & CHEESE ^OR BAKED POTATO ^PEAS CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^TARTAR SAUCE DESSERT ^OR FRESH APPLE ^BEVERAGE	OVEN FRD CHICKEN ^OR HH BAKED CKN #OR COTTAGE CHEES MASHED POTATOES ^OR BAKED POTATO ^PEAS AND CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) ^STEAMED RICE ^PINTO BEANS ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHILI DOGS ^#OR SPICY TOFU ^W/WHEAT BREAD TATER TOTS ^OR BAKED POTATO ^GRT NORTH BEANS ^MIXED VEGETABLES CATSUP&MUSTARD HOT DOG BUN ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY W/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CORNED BEEF ^OR HH ROAST BEEF #OR COTTAGE CHEES ^SIMMERED POTATO ^SIMMERED CABBAGE ^SIMMERED CARROTS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SANDWI ^BAKED POTATO ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	LASAGNE ^#OR TOFU LASAGNA ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	*PORK CHOP ^^OR HH PORK CHOP #OR CHEESE SANDWI ^STEAMED RICE NAVY BEANS ^COLLARD GREENS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER MASHED POTATOES ^OR BAKED POTATO BROWN GRAVY ^WH KERNEL CORN WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	^LENTIL VEG SOUP TUNA SALAD SAND ^OR HH TUNA SLD #OR BLD EGGS (2) #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POTATO ^CARROT SALAD ^LETTUCE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE QUESAD MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^SALSA ^FLOUR TORTILLA ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 2  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR HH OVN BR POT ^AND WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	^SPAGHETTI W/MARINARA SAUCE ^OR HH MARINARA S CHEESE PIZZA ^OR WHEAT BREAD ^SPINACH ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	BKD CURRY CHICKEN ^OR HH BAKED CKN #OR COTTAGE CHEES ^MIXED VEGETABLES ^BKD SWEET POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO ^CARROTS CHICKEN GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED FISH FILLET ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^GREEN BEANS ^COLESLAW ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	*PORK BBQ ^OR*HH ROAST PORK #OR SOY BBQ MACARONI SALAD ^OR HH MAC SALAD ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE NAVY BEANS ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	POLISH SAUSAGE ^#OR SPICY TOFU AU GRATIN POTATO ^OR BAKED POTATO SAUERKRAUT ^KIDNEY BEANS ^GREEN BEANS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN CHOW MEIN ^OR HH CHOW MEIN #OR COTTAGE CHEES FRIED RICE ^OR STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI MAC ^OR HH CHILI MAC #OR SOY CHILI MAC GRILL CHEESE SAND ^OR CHEESE SAND ^PEAS NAVY BEANS ^MARGARINE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BN&CHEESE BUR MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	BAKED ZITI ^#OR TOFU ZITI ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF TACOS ^OR HH BEEF TACOS #OR SOY TACOS MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^SHREDDED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE ^BEVERAGE



FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 3  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA CHEESE OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHILI CON CARNE ^OR HH CHILI #OR SOY CHILI ^STEAMED RICE ^WH KERNEL CORN CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	^CHKN VEG SOUP TUNA SALAD ^OR HH TUNA SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR BAKED POTATO ^GREEN BEANS ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BBQ CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) POTATO SALAD ^OR HH POTATO SAL ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^COLLARD GREENS ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PARMESAN ^OR HH BRAISED CK #OR SOY CKN CHUNK ^SPAGHETTI W/MARINARA SAUCE NAVY BEANS ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
LIVER & ONIONS ^#OR TOFU & RICE ^STEAMED RICE BROWN GRAVY ^PINTO BEANS ^MIXED VEGETABLES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	TURKEY POT PIE ^OR HH TRKY & NDL #OR SOY POT PIE ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN STIR FRY ^OR HH STIR FRY #OR SOY CKN & VEG ^STEAMED RICE ^NAVY BEANS ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	ROAST BEEF ^OR HH ROAST BEEF #OR CHEESE SANDWI OVEN BRO POTATO ^OR BAKED POTATO BROWN GRAVY ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHILI DOGS ^#OR HOTSOUR TOFU ^W/WHEAT BREAD TATER TOTS ^OR BAKED POTATO ^COLLARD GREENS ^GRT NORTH BEANS HOT DOG BUNS ^MARGARINE ^BEVERAGE	^SPLIT PEA SOUP GRILL HAM&CHE (2) ^OR BOILED EGGS ^AND WHEAT BREAD #OR CHEESE SAND 2 POTATO SALAD ^OR BAKED POTATO ^MIXED VEGETABLES ^MARGARINE ^BEVERAGE	BEEF TACOS ^OR HH BEEF TACOS #OR SOY TACOS MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^CHOPPED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 4  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR BAKED POTATO ^AND WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE QUESAD MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^WH KERNEL CORN ^SALSA ^FLOUR TORTILLA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND ITALIAN PASTA SAL ^OR BAKED POTATO ^NAVY BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO CHICKEN GRAVY ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH W/TARTAR SAUCE #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR HH MAC SALAD ^GREEN PEAS HAMBURGER BUN ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE	OPEN TURKEY SANDW ^OR HH ROAST TRKY #OR CHEESE SANDW #W/SALAD DRESSING MASHED POTATOES ^OR BAKED POTATO ^MIXED VEGETBLES CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^#OR TOFU STIR FR ^W/STEAMED RICE ^NAVY BEANS ^CARROTS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER #W/SALAD DRESSING MASHED POTATOES ^OR HH MASH POT BROWN GRAVY ^SPINACH WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^VEGETABLE SOUP SUB SANDWICH ^OR BOILED EGGS 2 #OR CHEESE SANDWI POTATO CHIPS ^OR BAKED POTATO ^CARROTS ^LETTUCE ^SALAD DRESSING ^MUSTARD HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY M/SAUCE ^KIDNEY BEANS ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^HOT GRITS SCRAMBLED EGGS ^OR HH SCRBLD EGG CREAMED BEEF HOME FRIED POTATO ^HH OVN BRN POTA BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	BEEF&BEAN BURRITO ^#OR TOFU BURRITO MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^MARGARINE PAT ^BEVERAGE	BEEF STEW ^OR HH BEEF STEW #OR SOY BEEF STEW ^EGG NOODLES ^PINTO BEANS ^GREEN BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 5  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA GRILLED OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	MEATBALL SUB ^OR HH MEATBALLS #OR SOY BURGER #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POTATO ^GREEN BEANS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	JAMAICAN JERK CKN ^OR HH BAKED CKN #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BKD MEXICAN CHKN ^OR HH CHICKEN #OR PEANUT BUTTER AND JELLY (2) MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR CHEESE SAND #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^SPINACH ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	SLOPPY JOE ^OR HH SLOPPY JOE #OR SOY SLOPPY JO OVEN BRO POTATO ^OR HH OVN BR POT ^GREEN PEAS HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF&BEAN TOSTADA ^OR HH TOSTADA #OR SOY TOSTADA MEXICAN RICE ^OR WHITE RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	*BBQ PORK ^OR*HH ROAST PORK #OR SOY BBQ ^STEAMED RICE ^KIDNEY BEANS ^COLLARD GREENS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	POLISH SAUSAGE ^#OR HOTSOUR TOFU OVEN BRO POTATO ^OR BAKED POTATO SAUERKRAUT ^GREEN BEANS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPLIT PEA SOUP ^CHEF SALAD W/ ^LETTUCE ^TOMATOES ^CUCUMBERS ^BELL PEPPER ^3 OZ SHRD TURKEY #OR 3OZ SLD TOFU ^1 OZ CHEESE ^1 BOILED EGG SALAD DRESSING ^OR DIET DRESSING WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	STEAK& CHEESE SUB ^OR HH ROAST BEEF #OR CHEESE SANDW #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POTATO ^CARROTS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STIR FRY ^#OR TOFU STIR FR ^STEAMED RICE ^MIXED VEGETABLES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR HH POTATO SAL ^PINTO BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

**Federal Bureau of Prisons  
FY 2012 Certified Food Menu - Week 1**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

-Tray contents

-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

**Federal Bureau of Prisons  
FY 2012 Certified Food Menu - Week 2**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 10 gm 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine
Fresh Apple -Cheese Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Banana Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

-tray contents

-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

**Federal Bureau of Prisons  
FY 2012 Certified Food Menu - Week 3**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Ckn Chow Mien w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

-tray contents

-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

**Federal Bureau of Prisons  
FY 2012 Certified Food Menu - Week 4**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 2 Margarine
Fresh Apple -Spanish Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Banana Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Orange Kosher Beverage	-Chicken Wings -Sauce -Mashed Potatoes -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg. Chili -White Rice -Mixed Vegetable 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

-tray contents

-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.

**Federal Bureau of Prisons  
FY 2012 Certified Food Menu - Week 5**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh Apple Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine	Fresh Orange Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Apple Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 10 gm 2 Margarine	Fresh Banana Pkg Oatmeal 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Grits 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine	Fresh Orange Pkg Bran Cereal 3 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 10 gm 2 Margarine
Fresh Apple -Cheese Omelet -Potatoes Pkg Cream Wheat 3 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 2 Margarine Kosher Beverage	1 Pkg Bologna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage	-Chicken Patty -Chicken Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	1 Pkg Sardines Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Banana Kosher Beverage	-Salisbury Steak -Brown Gravy -Mashed Potatoes -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	1 Pkg Tuna Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Salad Dressing 2 Mustard Fresh Apple Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Stuffed Cabbage -Tomato Sauce -Parsley Potatoes -Mixed vegetables 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage	-Veg Cutlet -Mushroom Gravy -White Rice -Lima Beans 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 3 Slices Bread 2 Margarine Fresh Orange Kosher Beverage	4oz Peanut Butter 4 Pkg Jelly Pkg Potato Chips 1 Vegetable Juice 3 Slices Bread 2 Margarine Fresh Apple Kosher Beverage

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-Institutions serving satellite meals or other areas with restricted access to hot water may substitute hot cereals with Pkg Bran Cereal.



# Federal Bureau of Prisons - National Menu FY 2013

Week 1

Updated July 2012

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Spanish Omelet ^or Boiled Eggs (2) Breakfast Sausage ^Grits Home Fried Potatoes ^or HH Boiled Potatoes ^Wheat Bread ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chili Dogs (2) ^#or Vegetable Chili Potato Chips ^or Baked Potato ^Mixed Vegetables Catsup & Mustard Hot Dog Bun (2) or ^Whole Wheat Bread (2) ^Margarine ^Fresh Apple or Dessert ^Beverage	Chicken Tenders ^or HH Braised Chicken #or Cottage Cheese ^Steamed Rice ^Kidney Beans ^Simmered Carrots ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	^Baked Chicken #or Peanut Butter and Jelly (2) ^Steamed Rice ^Pinto Beans ^Green Beans ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Soy Burger #w/ Salad Dressing Macaroni Salad ^or HH Mac Salad ^Green Peas Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	Kielbasa ^#or Cottage Cheese Au Gratin Potatoes ^or Baked Potato Sauerkraut ^Carrots Mustard ^Wheat Bread ^Margarine ^Fresh Apple or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Roast Beef #or Cottage Cheese ^Baked Potato ^Green Beans ^Black Eyed Peas Brown Gravy ^Wheat Bread ^Margarine ^Beverage	Chicken Fried Rice ^or HH Ckn & Rice #or Soy & Rice ^Steamed Broccoli ^Wheat Bread ^Margarine ^Beverage	^Vegetable Soup ^Tuna Salad Plate or #or Tofu Salad Plate W/ Dressing Reg & Diet ^Green Peas ^Wheat Bread (2) ^Margarine ^Beverage	*^Pork Chop #or Cheese Sandwich w/ Salad Dressing ^ Baked Sweet Potato ^Navy Beans ^Mixed Greens ^Wheat Bread ^Margarine ^Beverage	Baked Lasagna ^or HH Beef & Noodles #or Soy Baked Lasagna ^Spinach ^Garden Salad W/ HH Dressing Garlic Bread or ^Wheat Bread ^Margarine ^Beverage	Baked Meatloaf ^or HH Meatloaf #or Soy Burger #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potato Tomato Gravy ^WK Corn ^Wheat Bread ^Margarine ^Beverage	Chicken Fajitas ^or HH Chicken Fajitas #or Cheese Quesadilla Mexican Rice ^or Steamed Rice ^Black Beans ^Mixed Vegetables Salsa ^Flour Tortilla (2) ^Margarine ^Beverage

# Federal Bureau of Prisons - National Menu FY 2013

Week 2

Updated July 2012

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs Breakfast Sausage ^Oatmeal Pancakes W/Syrup ^or HH Oven Brn Potatoes ^And Wheat Bread (1) ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Meat Pizza ^ or HH Beef & Noodles ^W/Wheat Bread (1) #or Cheese Pizza ^Spinach ^Margarine ^Fresh Apple or Dessert ^Beverage	^Minestrone Soup ^Chicken Wraps #or Cheese Wraps #W/Salad Dressing Potato Salad ^or Baked Potato ^Green Beans ^Margarine ^Fresh Orange or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	Fried Chicken ^or HH Baked Chicken #or Peanut Butter and Jelly (2) Mashed Potatoes ^or Baked Potato ^Carrots Chicken Gravy ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	Fried Fish Fillet ^or HH Baked Fish #or Peanut Butter and Jelly (2) Macaroni & Cheese ^or Baked Potato ^Green Beans Cornbread ^Wheat Bread ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	Meatball Sub ^or HH Meatballs #or Soy Burger #W/Salad Dressing ^Oven Brown Potatoes ^or HH Oven Brn Potatoes ^Spinach Hoagie Bun or ^Wheat Bread (2) ^Margarine ^Fresh Apple or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Stew ^or HH Beef Stew # or Soy Beef Stew ^Egg Noodles ^Simmered Cabbage ^Wheat Bread ^Margarine ^Beverage	*Pork BBQ ^*or HH Pork Roast #or Soy BBQ ^Baked Sweet Potato ^Peas & Carrots ^Black Eyed Peas ^Wheat Bread ^Margarine ^Beverage	Beef & Bean Burrito ^or HH Burrito #or Bean & Cheese Burrito Mexican Rice ^or Steamed Rice ^Black Beans ^WK Corn Salsa ^Margarine ^Beverage	^Navy Bean Soup Sub Sandwich ^or Boiled Eggs (2) #or Cheese Sandwich Potato Chips ^or Baked Potato ^Lettuce Mustard Salad Dressing Hoagie Bun or ^Wheat Bread (2) ^Margarine ^Beverage	Chili Mac ^or HH Chili Mac w/ ^Whole Wheat Bread #or Soy Chili Mac Grilled Cheese Sand (1) ^Kidney Beans ^Mixed Greens ^Margarine ^Beverage	Chicken Alfredo ^or HH Chkn & Vegetables #or Cottage Cheese ^ Spaghetti Pasta ^Green Peas ^Wheat Bread ^Margarine ^Beverage	Beef Tacos ^or HH Beef Tacos #or Soy Tacos ^Cilantro Rice ^Pinto Beans ^WK Corn ^Shredded Lettuce Taco Shells Salsa ^Margarine ^Beverage

# Federal Bureau of Prisons - National Menu FY 2013

Week 3

Updated July 2012

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Cheese Omelet ^or HH Plain Omelet Breakfast Sausage ^Grits Home Fried Potatoes ^or HH Boiled Potatoes ^Wheat Bread ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chicken Cheese Steak ^or HH Chicken Salad #or Cheese Sandwich #W/Salad Dressing Potato Chips ^or Baked Potato ^Carrots Hoagie Bun or ^Wheat Bread (2) ^Margarine ^Fresh Apple or Dessert ^Beverage	^Lentil Soup ^Tuna Salad #or Boiled Eggs (2) #W/Salad Dressing ^Lettuce Leaf Italian Pasta Salad ^or Baked Potato ^Steamed Broccoli ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	BBQ Chicken ^or HH Baked Chicken #or Peanut Butter and Jelly (2) Potato Salad ^or HH Potato Salad ^Carrots ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Soy Burger #W/Salad Dressing Fried Rice ^or Steamed Rice ^Green Peas Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	Chicken Patty ^or HH Chicken Salad #or Boiled Eggs (2) #W/Salad Dressing Potato Salad ^or HH Potato Salad ^Pinto Beans ^Lettuce, Tomato, Onion Salad Dressing Hamburger Bun or ^Wheat Bread (2) ^Fresh Apple or Dessert ^Margarine ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Chicken Pot Pie ^or HH Chicken & Noodles #or Soy Pot Pie ^Green Beans ^Navy Beans ^Wheat Bread ^Margarine ^Beverage	Chili Con Carne ^or HH Chili #or Soy Chili ^Steamed Rice ^Diced Onions & Peppers Shredded Cheese ^WK Corn Cornbread ^Wheat Bread (2) ^Margarine ^Beverage	Kielbasa ^#or Cottage Cheese Oven Brown Potatoes ^or Baked Potato ^Black Eyed Peas Sauerkraut ^Mixed Greens Mustard ^Wheat Bread ^Margarine ^Beverage	^ Old Fashion Bean Soup ^Taco Salad or # Tofu Taco Salad Salsa ^Wheat Bread ^Margarine ^Beverage	^Roast Beef #or Cheese Sandwich #W/Salad Dressing ^Baked Sweet Potato ^ Simmered Cabbage Brown Gravy ^Wheat Bread ^Margarine ^Beverage	Bf Enchilada Casserole ^or HH Beef & Vegetables #or Soy Casserole ^Steamed Rice ^Mixed Vegetables ^Wheat Bread ^Margarine ^Beverage	^Spaghetti W/ Meat sauce ^or HH Meat sauce #or Soy W/ Sauce ^Spinach Garlic Bread or ^Wheat Bread ^Margarine ^Beverage

# Federal Bureau of Prisons - National Menu FY 2013

Week 4

Updated July 2012

## Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs Breakfast Sausage ^Farina Waffles (2) W/Syrup ^or HH Oven Brn Potatoes ^And Wheat Bread (1) ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chili Dogs (2) ^#or Vegetable Chili Potato Chips ^or Boiled Potatoes ^Cole Slaw Catsup & Mustard Hot Dog Buns (2) or ^Wheat Bread (2) ^Margarine ^Fresh Apple or Dessert ^Beverage	Chicken Patty ^or HH Chicken Salad #or Cheese Sandwich (1) Italian Pasta Salad ^or Baked Potato ^Lettuce & Tomato ^Sliced Onion Salad Dressing Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	Fried Chicken ^or HH Baked Chicken #or Cottage Cheese Mashed Potatoes ^or HH Mashed Potatoes ^Simmered Carrots Chicken Gravy ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	Fried Fish Fillet ^or HH Baked Fish #or Peanut Butter and Jelly (2) Macaroni Salad ^or HH Mac Salad ^Green Peas Cornbread or ^Wheat Bread ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	^Lentil Soup Grld Trky Ham & Cheese (2) ^or Boiled Eggs (2) ^and Wheat Bread (2) #or Cheese Sandwich (2) w/ Salad Dressing Potato Salad ^or Baked Potato ^Mixed Vegetables ^Margarine ^Fresh Apple or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef Stroganoff ^or Beef & Rice #or Soy Stroganoff ^Steamed Rice ^Green Beans Dinner Rolls or ^Wheat Bread ^Margarine ^Beverage	Fish Tacos ^or HH Fish Tacos #or Soy Soft Tacos Mexican Rice ^or Steamed Rice ^Black Beans ^WK Corn ^Shredded Lettuce Salsa ^Margarine ^Beverage	^Roast Pork #or Peanut Butter and Jelly (2) ^Baked Sweet Potato ^Pinto Beans ^Green Beans Dinner Rolls or or ^Wheat Bread ^Margarine ^Beverage	Chicken Noodle Casserole ^or HH Chicken & Noodles #or Soy & Noddles ^Kidney Beans ^Mixed Vegetables ^Wheat Bread ^Margarine ^Beverage	^Grits ^Scrambled Eggs Creamed Beef Home Fries ^or HH Oven Brn Potato Biscuits or ^Wheat Bread ^Margarine ^Jelly (2) ^Beverage	Beef & Bean Burrito ^or HH Burrito #or Bean & Cheese Burrito Mexican Rice ^or Steamed Rice ^Pinto Beans ^WK Corn Salsa ^Margarine ^Beverage	^Spaghetti W/ Meat sauce ^or HH Meat sauce #or Soy W/ Sauce ^Steamed Broccoli ^Garden Salad W/HH Dressing Garlic Bread or ^Wheat Bread (1sl for HH) ^Margarine ^Beverage

# Federal Bureau of Prisons - National Menu FY 2013

Week 5

Updated July 2012

## lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs ^or Boiled Eggs (2) Breakfast Sausage ^Grits Home Fried Potatoes ^or HH Boiled Potatoes ^Wheat Bread ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chili Cheese Fries ^or HH Chili on Bkd Potato #or Veg Chili Cheese Fries ^Carrots ^Wheat Bread ^Margarine ^Fresh Apple or Dessert ^Beverage	Chicken Parmesan ^or HH Braised Chicken #or Soy Ckn Chunks ^Spaghetti W/Marinara Sauce ^Spinach Garlic Bread or ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Orange or Dessert ^Beverage	Baked Curry Chicken ^or HH Baked Chicken #or Cottage Cheese ^Baked Sweet Potato ^Mixed Greens ^Black Beans ^Wheat Bread ^Margarine ^Fresh Orange or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Cheese Sandwich #W/Salad Dressing Macaroni & Cheese ^or Baked Potato ^Spinach ^Cole Slaw Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	Sloppy Joe ^or HH Sloppy Joe #or Soy Sloppy Joe Tater Tots ^or HH Oven Brn Potatoes ^Green Peas Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Apple or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Beef & Bean Tostada ^or HH Tostada #or Soy Tostada Mexican Rice ^or Steamed Rice ^WK Corn Salsa ^Margarine ^Beverage	Beef Stew ^or HH Beef Stew # or Soy Beef Stew ^Egg Noodles ^Steamed Broccoli ^Wheat Bread ^Margarine ^Beverage	*Pork BBQ ^*or HH Pork Roast #or Soy BBQ ^Steamed Rice ^Kidney Beans ^Mixed Vegetables Dinner Rolls or ^Wheat Bread(1) ^Margarine ^Beverage	^ Old Fashion Bean Soup ^Chef Salad or # Tofu Chef Salad W/HH Dressing ^Wheat Bread ^Margarine ^Beverage	Steak & Cheese Sub ^or HH Roast Beef #or Soy Burger #W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans Hoagie Bun or ^Wheat Bread (2) ^Beverage	Open Turkey Sandwich ^or HH Roast Turkey #or Cheese Sandwich #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potatoes ^Mixed Vegetables Cream Gravy ^Wheat Bread ^Margarine ^Beverage	Chicken Fajitas ^or HH Chicken Fajitas #or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^WK Corn Salsa ^Flour Tortilla (2) ^Margarine ^Beverage

## Federal Bureau of Prisons - National Menu FY 2014

Week 1

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^HH Plain Omelet Breakfast Sausage Home Fried Potatoes ^or HH Boiled Potatoes Salsa ^Wheat Bread ^Margarine ^SF Jelly (2) ^Fresh Fruit ^Beverage	Chili Dogs (2) ^#or No Meat Chili Potato Chips ^or Baked Potato ^Mixed Vegetables Catsup & Mustard Hot Dog Bun (2) or ^Whole Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	Chicken Tenders ^or HH Braised Chicken #or Cottage Cheese ^Steamed Rice ^Kidney Beans ^Simmered Carrots ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	^Baked Chicken #or Peanut Butter and Jelly (2) ^Steamed Rice ^Pinto Beans ^Green Beans ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Soy Burger #w/ Salad Dressing ^HH Mac Salad ^Green Peas Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	Kielbasa ^#or Cottage Cheese Au Gratin Potatoes ^or Baked Potato Sauerkraut ^Carrots Mustard ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Roast Beef #or Cottage Cheese ^Baked Potato ^Green Beans ^Black Eyed Peas Brown Gravy ^Wheat Bread ^Margarine ^Beverage	^ HH Meatloaf #or Soy Burger #W/Salad Dressing ^ HH Mashed Potato Tomato Gravy ^WK Corn ^Wheat Bread ^Margarine ^Beverage	^Vegetable Soup ^Chicken Salad #or Peanut Butter and Jelly (2) ^Green Peas ^Lett/Tom/Onion Pickles ^Wheat Bread (2) ^Margarine ^Beverage	*^Pork Chop #or Hummus ^ Baked Sweet Potato ^Navy Beans ^Mixed Greens ^Wheat Bread ^Margarine ^Beverage	Baked Lasagna ^or HH Beef & Noodles #or No Meat Baked Lasagna ^Spinach ^Garden Salad W/ Dressing Garlic Bread or ^Wheat Bread ^Margarine ^Beverage	Chicken Fried Rice ^or HH Ckn & Rice #or Soy & Rice ^Steamed Broccoli ^Wheat Bread ^Margarine ^Beverage	^Spaghetti ^or HH Meat sauce #or Marinara Sauce ^Spinach Garlic Bread or ^Wheat Bread ^Margarine ^Beverage

# Federal Bureau of Prisons - National Menu FY 2014

Week 2

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs Turkey Ham Pancakes W/Syrup or ^Wheat Bread ^Oven Brown Potatoes ^Margarine ^SF Jelly (2) ^Fresh Fruit ^Beverage	^ Cream of Broccoli Soup ^Chicken Wraps #or Cheese Wraps #W/Salad Dressing ^HH Potato Salad ^Green Beans ^Margarine ^Fresh Fruit ^Beverage	Meat Pizza ^ or HH Beef & Noodles ^W/Wheat Bread (1) #or Cheese Pizza ^Spinach ^Garden Salad w/dressing ^Margarine ^Fresh Fruit or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese Potato Chips ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	Fried Chicken ^or HH Baked Chicken #or Peanut Butter and Jelly (2) ^HH Mashed Potatoes ^Carrots Chicken Gravy ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	Fried Fish Fillet ^or HH Baked Fish #or Peanut Butter and Jelly (2) Macaroni & Cheese ^or Macaroni and Tomato ^Green Beans Cornbread or ^Wheat Bread ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	Meatball Sub ^#or Soy Burger Spag w/marinara sauce ^Spinach Hoagie Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^HH Beef Stew # or Soy Beef Stew ^Egg Noodles ^Simmered Cabbage ^Wheat Bread ^Margarine ^Beverage	*Pork BBQ ^*or HH Pork Roast #or Hummus ^Baked Sweet Potato ^Peas & Carrots ^Black Eyed Peas ^Wheat Bread ^Margarine ^Beverage	Beef & Bean Burrito or ^HH Beef Burrito #or Bean & Cheese Burrito Mexican Rice ^or Steamed Rice ^Black Beans ^WK Corn Salsa ^Margarine ^Beverage	^Bean Soup Sub Sandwich ^or Boiled Eggs (2) HH Potato Salad ^Lettuce Mustard Salad Dressing Hoagie Bun or ^Wheat Bread (2) ^Margarine ^Beverage	^HH Chili Mac #or No Meat Chili Mac ^Garden Salad ^Green Beans Corn bread or ^Whole Wheat Bread ^Margarine ^Beverage	Chicken Lo Mein ^or HH Chkn & Vegetables #or Cottage Cheese ^ Spaghetti Pasta ^Green Peas ^Wheat Bread ^Margarine ^Beverage	^HH Beef Tacos #or Soy Tacos ^Cilantro Rice ^Pinto Beans ^WK Corn ^Shredded Lettuce Taco Shells Salsa ^Margarine ^Beverage

## Federal Bureau of Prisons - National Menu FY 2014

Week 3

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Cheese Omelet ^or HH Plain Omelet Breakfast Sausage Home Fried Potatoes ^or HH Boiled Potatoes ^Wheat Bread ^Margarine ^SF Jelly (2) ^Fresh Fruit ^Beverage	Chicken Cheese Steak ^or HH Chicken Salad #or Cheese Sandwich #W/Salad Dressing Potato Chips ^or Baked Potato ^Carrots Hoagie Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	^Tomato Rice Soup ^Tuna Salad #or Boiled Eggs (2) #W/Salad Dressing ^Lettuce Leaf HH Italian Pasta Salad ^Steamed Broccoli ^Wheat Bread (2) ^Margarine ^Fresh Fruit or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	BBQ Chicken ^or HH Baked Chicken #or Hummus ^ HH Potato Salad ^Carrots ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Soy Burger #W/Salad Dressing ^Cole Slaw ^Steamed Rice ^Green Peas Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	Chicken Patty ^or HH Chicken Salad #or Boiled Eggs (2) #W/Salad Dressing ^HH Potato Salad ^Pinto Beans ^Lettuce, Tomato, Onion Salad Dressing Hamburger Bun or ^Wheat Bread (2) ^Fresh Fruit or Dessert ^Margarine ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Chicken Pot Pie ^or HH Chicken & Noodles #or Soy Pot Pie ^Green Beans ^Navy Beans ^Wheat Bread ^Margarine ^Beverage	^HH Chili #or No Meat Chili ^Baked Potato ^Diced Onions & Peppers Shredded Cheese ^WK Corn Cornbread or ^Wheat Bread ^Margarine ^Beverage	Kielbasa ^#or Cottage Cheese Oven Brown Potatoes ^or Baked Potato ^Black Eyed Peas Sauerkraut ^Mixed Greens Mustard ^Wheat Bread ^Margarine ^Beverage	^Minestrone Soup ^Taco Salad or # Soy Taco Salad Salsa ^Beverage	^Roast Beef #or Peanut Butter and Jelly (2) ^Baked Sweet Potato ^ Simmered Cabbage Brown Gravy ^Wheat Bread ^Margarine ^Beverage	Bf Enchilada Casserole ^or HH Beef & Vegetables #or Soy Casserole ^Steamed Rice ^Mixed Vegetables ^Wheat Bread ^Margarine ^Beverage	^HH Chicken Fajitas #or Cheese Quesadilla Mexican Rice ^or Steamed Rice ^Black Beans ^Mixed Vegetables Salsa ^Flour Tortilla (2) ^Margarine ^Beverage



## Federal Bureau of Prisons - National Menu FY 2014

Week 4

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs Turkey Ham Waffles (2) W/Syrup ^or Wheat Bread ^HH Oven Brn Potatoes ^Margarine ^SF Jelly (2) ^Fresh Fruit ^Beverage	Chili Dogs (2) ^#or No Meat Chili Potato Chips ^or Boiled Potatoes ^Cole Slaw Catsup & Mustard Hot Dog Buns (2) or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	Chicken Patty ^or HH Chicken Salad #or Peanut Butter and Jelly (2) HH Italian Pasta Salad ^Lettuce & Tomato ^Sliced Onion Salad Dressing Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese Potato Chips ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	Fried Chicken ^or HH Baked Chicken #or Cottage Cheese ^HH Mashed Potatoes ^Simmered Carrots Chicken Gravy ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	Fried Fish Fillet ^or HH Baked Fish #or Peanut Butter and Jelly (2) ^ HH Mac Salad ^Green Peas Cornbread or ^Wheat Bread ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	^Lentil Soup Cold Cut Hoagie #or HH Boiled Eggs (2) w/ Salad Dressing Potato Salad ^or Baked Potato ^Mixed Vegetables or w/ Whole wheat bread ^Margarine ^Fresh Fruit or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^BBQ Beef #or Soy BBQ ^Steamed Rice ^Green Beans ^Wheat Bread ^Margarine ^Beverage	Chicken Fried Rice or ^HH Chicken & Rice or #Tofu Fried Rice ^Black Beans ^WK Corn ^Wheat Bread ^Margarine ^Beverage	^ Roast Pork #or Hummus ^Baked Sweet Potato ^Green Beans ^Wheat Bread ^Margarine ^Beverage	Chicken Cacciatore ^or HH Chicken & Noodles #or Soy & Noddles Garlic Noodles ^Kidney Beans ^Mixed Vegetables ^Wheat Bread ^Margarine ^Beverage	^Scrambled Eggs Creamed Beef Home Fried Potatoes or ^HH Oven Brn Potatoes Biscuits or ^Wheat Bread ^Margarine ^Jelly (2) Beverage	Beef & Bean Burrito ^HH Burrito #or Bean & Cheese Burrito Mexican Rice ^or Steamed Rice ^Pinto Beans ^WK Corn Salsa ^Margarine ^Beverage	^Spaghetti ^ HH Meat sauce #or Marinara Sauce ^Steamed Broccoli ^Garden Salad W/ Dressing Garlic Bread or ^Wheat Bread ^Margarine ^Beverage

## Federal Bureau of Prisons - National Menu FY 2014

Week 5

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^ Boiled Eggs (2) Waffles (2) W/Syrup ^or Wheat Bread Breakfast Sausage Home Fried Potatoes ^or HH Boiled Potatoes ^Margarine ^SF Jelly (2) ^Fresh Fruit ^Beverage	#Veg Chili Cheese Fries or ^HH Vegetable Chili W/^Baked Potato ^Carrots ^Wheat Bread ^Margarine ^Fresh Fruit ^Beverage	Chicken Parmesan ^or HH Braised Chicken #or Soy Ckn Chunks ^Spaghetti W/Marinara Sauce ^Spinach Garlic Bread or ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	^Grilled Hamburger #or Soy Burger (1) Slice Cheese French Fries ^or Baked Potato ^Shredded Lettuce Sliced Pickles Salad Dressing Catsup & Mustard Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit ^Beverage	Baked Chicken #or Cottage Cheese ^Baked Sweet Potato ^Mixed Greens ^Black Beans ^Wheat Bread ^Margarine ^Fresh Fruit or Dessert ^Beverage	Fish Sandwich ^or HH Baked Fish #or Cheese Sandwich #W/Salad Dressing Macaroni & Cheese ^or Macaroni and Tomato ^Spinach ^Cole Slaw Hamburger Bun or ^Wheat Bread (2) ^Margarine Tartar Sauce ^Fresh Fruit ^Beverage	^HH Sloppy Joe #or Soy Sloppy Joe Tater Tots ^or HH Oven Brn Potatoes ^Green Peas Hamburger Bun or ^Wheat Bread (2) ^Margarine ^Fresh Fruit or Dessert ^Beverage
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^ HH Beef Tacos #or Soy Tacos ^Black Beans Mexican Rice ^or Steamed Rice ^WK Corn Salsa ^Margarine ^Beverage	^HH Beef Stew # or Soy Beef Stew ^Egg Noodles ^Steamed Broccoli ^Wheat Bread ^Margarine ^Beverage	*Pork BBQ ^*or HH Pork Roast #or Hummus ^Steamed Rice ^Kidney Beans ^Mixed Vegetables ^Wheat Bread(1) ^Margarine ^Beverage	^ Old Fashion Bean Soup ^Chef Salad or # Tofu Chef Salad W/ Dressing ^Wheat Bread (2) ^Margarine ^Beverage	Steak & Cheese Sub ^or HH Roast Beef #or Soy Burger #W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans Hoagie Bun or ^Wheat Bread (2) ^Beverage	^ HH Roast Turkey #or Peanut Butter and Jelly (2) ^HH Mashed Potatoes ^Mixed Vegetables Cream Gravy ^Wheat Bread ^Margarine ^Beverage	^HH Chicken Fajitas #or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^WK Corn Salsa ^Flour Tortilla (2) ^Margarine ^Beverage

## Federal Bureau of Prisons - National Menu FY 2015

Week 1

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Plain Omelet ♥ ^Oven Brown Potatoes ♥ Salsa Cream Gravy Biscuits (2) or ^Whole Wheat Bread ♥ and ^Jelly (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Hot Dogs (2) ^#or Soy Burger ♥ Tater Tots or ^Baked Potato ♥ ^Coleslaw ♥ Catsup & Mustard Hot Dog Buns (2) or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Chicken Patty Sandwich ^#or Soy Chicken Patty ♥ ^Italian Pasta Salad ♥ ^Lettuce/Tomato/Onion ♥ ^Carrots ♥ Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	^Hamburger ♥ ^#or Soy Burger Sliced Cheese French Fries or ^Baked Potato ♥ ^Shredded Lettuce ♥ Catsup & Mustard Pickles Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	^Baked Chicken ♥ ^#or PB & Jelly Sand (2) ^Steamed Rice ♥ ^Pinto Beans ♥ ^Green Beans ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	Breaded Fish Sandwich or ^Baked Fish ♥ ^#or Soy Burger w/ Salad Dressing ^Macaroni Salad ♥ ^Green Peas ♥ Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Tartar Sauce ^Fruit ♥ ^Beverage ♥	Kielbasa Sausage ^#or Cottage Cheese ♥ ^Boiled Potatoes ♥ ^Simmered Cabbage ♥ ^Carrots ♥ Mustard ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Roast Beef ♥ ^#or Cottage Cheese ^Baked Potato ♥ ^Green Beans ♥ ^Black Eyed Peas ♥ Brown Gravy ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Vegetable Soup ♥ ^Chicken Salad ♥ ^#or Hummus ^Green Peas ♥ ^Potato Salad ♥ ^Lettuce/Tomato/Onion ♥ Pickles ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	^Meatloaf ♥ ^#or Soy Burger w/ Salad Dressing ^Mashed Potatoes ♥ Tomato Gravy ^WK Corn ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	Baked Turkey Ham ^#or BBQ Tofu ♥ ^Baked Sweet Potato ♥ ^Navy Beans ♥ ^Collard Greens ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	Beef Enchilada Casserole ^or Beef & Vegetables ♥ ^#or Soy Ench Casserole ^Steamed Rice ♥ ^Mixed Vegetables ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chicken Fried Rice ♥ ^# or Tofu Fried Rice ^Steamed Broccoli ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Spaghetti ♥ ^w/Meat Sauce ♥ ^#or Soy Spag Sauce ^Spinach ♥ Garlic Bread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥

\* Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu FY 2015

Week 2

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs ♥ Baked Turkey Ham Pancakes W/Syrup or ^Whole Wheat Bread ♥ and ^Jelly (2) ♥ ^Oven Brown Potatoes ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	^Cream of Broccoli Soup ♥ ^Chicken Wrap or ♥ #Hummus Wrap ^Potato Salad ♥ ^Green Beans ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Cheese Pizza ^#or Cottage Cheese ♥ ^Spag w/Marinara ♥ ^Garden Salad ♥ ^Ital Dressing Low Cal ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	^Hamburger ♥ #or Soy Burger Sliced Cheese Potato Chips or ^Baked Potato ♥ ^Shredded Lettuce ♥ Catsup & Mustard Pickles Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Fried Chicken ^or Baked Chicken ♥ #or PB & Jelly Sand (2) ^Mashed Potatoes ♥ ^Carrots ♥ Chicken Gravy ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	Fried Fish Fillet or ^Baked Fish ♥ #or PB & Jelly Sand (2) Macaroni & Cheese or ^Garlic Macaroni ♥ ^Green Beans ♥ Cornbread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Tartar Sauce ^Fruit ♥ ^Beverage ♥	Meatball Sub ^#or Soy Burger ♥ ^Spag w/Marinara ♥ ^Spinach ♥ Hoagie Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Beef Stew ♥ #or Soy Beef Stew ^Egg Noodles ♥ ^Simmered Cabbage ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^*Pork Roast ♥ #or BBQ Tofu ^Baked Sweet Potato ♥ ^Peas & Carrots ♥ ^Black Eyed Peas ♥ Barbeque Sauce ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	Beef & Bean Burrito ^#or Bean & Cheese Burrito ♥ Mexican Rice or ^Steamed Rice ♥ ^Black Beans ♥ ^WK Corn ♥ Salsa ^Margarine Pat ♥ ^Beverage ♥	^#Bean Soup ♥ Deli Sub Sandwich ^#or Hummus ♥ ^Potato Salad ♥ ^Lettuce/Onion ♥ Pickles Mustard Salad Dressing Hoagie Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chili Mac ♥ #or Soy Chili Mac ^Green Beans ♥ ^Garden Salad ♥ ^Ital Dressing Low Cal ♥ Cornbread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Cream of Potato Soup ♥ Chef Salad ^#or Tofu Chef Salad ♥ ^Ital Dressing Low Cal ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Beef Tacos ♥ #or Soy Tacos ^Cilantro Rice ♥ ^Pinto Beans ♥ ^WK Corn ♥ ^Shredded Lettuce ♥ ^Taco Shells (2) ♥ Salsa ^Margarine Pat ♥ ^Beverage ♥

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## Federal Bureau of Prisons - National Menu FY 2015

Week 3

Lunch & Dinner						
Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
Cheese Omelet or ^Plain Omelet ♥ ^Oven Brown Potatoes ♥ Cream Gravy Biscuits (2) or ^Whole Wheat Bread ♥ and ^Jelly (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Ckn Cheese Steak or ^Chicken Salad ♥ #or Cheese Sand w/ Salad Dressing ^Italian Pasta Salad ♥ ^Carrots ♥ Hoagie Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	^Tomato Rice Soup ♥ ^Tuna Salad or ♥ #Boiled Eggs (2) w/ Salad Dressing ^Lettuce Leaf ♥ Potato Chips or ^Baked Potato ♥ ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	^Hamburger ♥ #or Soy Burger Sliced Cheese French Fries or ^Baked Potato ♥ ^Shredded Lettuce ♥ Catsup & Mustard Pickles Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	BBQ Chicken ^or Baked Chicken ♥ #or Cottage Cheese ^Potato Salad ♥ ^Carrots ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	Breaded Fish Sand or ^Baked Fish ♥ #or Soy Burger w/ Salad Dressing ^Steamed Rice ♥ ^Green Peas ♥ ^Cole Slaw ♥ Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Tartar Sauce ^Fruit ♥ ^Beverage ♥	Chicken Patty Sandwich ^#or Boiled Eggs (2) ♥ ^Potato Salad ♥ ^Pinto Beans ♥ ^Lettuce/Tomato/Onion ♥ Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ Dessert or ^Fruit ♥ ^Margarine Pat ♥ ^Beverage ♥
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
Chicken Spaghetti or ^Chicken & Noodles ♥ #or Soy Ckn & Veg ^Green Beans ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chili ♥ #or Soy Chili ^Baked Potato ♥ ^Diced Onions & Peppers ♥ Shredded Cheese ^WK Corn ♥ Cornbread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Pepper Steak ♥ #or Tofu Stir Fry ^Steamed Rice ♥ ^Steamed Broccoli ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Minestrone Soup ♥ ^Beef Taco Salad or ♥ #Soy Taco Salad Salsa ^Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Roast Beef ♥ #or PB & Jelly Sand (2) ^Baked Sweet Potato ♥ ^Simmered Cabbage ♥ Brown Gravy ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chicken Fajitas ♥ #or Cheese Quesadilla Mexican Rice or ^Steamed Rice ♥ ^Black Beans ♥ ^Mixed Vegetables ♥ Salsa ^Flour Tortilla (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	Baked Lasagna or ^Beef & Noodles ♥ #or Soy Baked Lasagna ^Spinach ♥ ^Garden Salad ♥ ^Ital Dressing Low Cal ♥ Garlic Bread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥

\* Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu FY 2015

Week 4

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs ♥ Baked Turkey Ham French Toast (2) W/Syrup or ^Whole Wheat Bread ♥ and ^Jelly (2) ♥ ^Oven Brown Potatoes ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Hot Dogs (2) ^#or Soy Burger ♥ Tater Tots or ^Baked Potato ♥ ^Cole Slaw ♥ Catsup & Mustard Hot Dog Buns (2) or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Chicken Patty Sandwich ^#or Soy Chicken Patty ♥ ^Italian Pasta Salad ♥ ^Carrots ♥ ^Lett/Tom/Onion ♥ Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	^Hamburger ♥ #or Soy Burger Sliced Cheese Potato Chips or ^Baked Potato ♥ ^Shredded Lettuce ♥ Catsup & Mustard Pickles Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Fried Chicken ^or Baked Chicken ♥ #or Cottage Cheese ^Mashed Potatoes ♥ ^Carrots ♥ Chicken Gravy ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	Fried Fish Fillet or ^Baked Fish ♥ #or PB & Jelly Sand (2) ^Macaroni Salad ♥ ^Green Peas ♥ Cornbread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Tartar Sauce ^Fruit ♥ ^Beverage ♥	^Lentil Vegetable Soup ♥ Deli Sub Sandwich ^# or Hummus ♥ ^Potato Salad ♥ ^Lettuce/Onion ♥ Pickles ^Mixed Vegetables ♥ Hoagie Bun or ^Whole Wheat Bread (2) ♥ Salad Dressing ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^BBQ Beef ♥ #or Soy BBQ ^Steamed Rice ♥ ^Green Beans ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chicken Fried Rice ♥ #or Tofu Fried Rice ^Black Beans ♥ ^WK Corn ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^*Pork Roast ♥ #or Cottage Cheese ^Baked Sweet Potato ♥ ^Green Beans ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chicken Cacciatore ♥ #or Tofu & Rice ^Steamed Rice ♥ ^Kidney Beans ♥ ^Mixed Vegetables ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Scrambled Eggs ♥ Creamed Beef Home Fried Potatoes or ^Oven Brown Potatoes ♥ Biscuits (2) or ^Whole Wheat Bread ♥ and ^Jelly (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	Beef & Bean Burrito ^#or Bean & Cheese Burrito ♥ Mexican Rice or ^Steamed Rice ♥ ^Pinto Beans ♥ ^WK Corn ♥ Salsa ^Margarine Pat ♥ ^Beverage ♥	^Spaghetti ♥ ^w/Meat Sauce ♥ #or Soy Spag Sauce ^Steamed Broccoli ♥ ^Garden Salad ♥ ^Ital Dressing Low Cal ♥ Garlic Bread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥

\* Indicates Pork, # Indicates No Flesh Entree Item, ^♥ Indicates Heart Healthy.

## Federal Bureau of Prisons - National Menu FY 2015

Week 5

### Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Boiled Eggs (2) ♥ French Toast (2) W/Syrup or ^Whole Wheat Bread ♥ and ^Jelly (2) ♥ ^Oven Brown Potatoes ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Chili Cheese Fries or ^#Soy Chili ♥ ^#w/Baked Potato ♥ ^Carrots ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	Chicken Parmesan or ^Braised Chicken ♥ #or Soy Ckn Chunks ^Spag w/Marinara ♥ ^Spinach ♥ Garlic Bread or ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	^Hamburger ♥ #or Soy Burger Sliced Cheese French Fries or ^Baked Potato ♥ ^Shredded Lettuce ♥ Catsup & Mustard Pickles Salad Dressing Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Fruit ♥ ^Beverage ♥	^Baked Chicken ♥ #or Cottage Cheese ^Baked Sweet Potato ♥ ^Black Beans ♥ ^Collard Greens ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥	Breaded Fish Sandwich or ^Baked Fish ♥ #or Cheese Sandwich w/ Salad Dressing Macaroni & Cheese or ^Garlic Macaroni ♥ ^Spinach ♥ ^Cole Slaw ♥ Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Tartar Sauce ^Fruit ♥ ^Beverage ♥	^Sloppy Joe ♥ #or Soy Sloppy Joe Tater Tots or ^Baked Potato ♥ ^Green Peas ♥ Hamburger Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ Dessert or ^Fruit ♥ ^Beverage ♥
Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner
^Beef Tacos ♥ #or Soy Tacos Mexican Rice or ^Steamed Rice ♥ ^Black Beans ♥ ^WK Corn ♥ Salsa ^Taco Shells (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	^Beef Stew ♥ # or Soy Beef Stew ^Egg Noodles ♥ ^Steamed Broccoli ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^*Pork Roast ♥ #or Cottage Cheese ^Steamed Rice ♥ ^Black Beans ♥ ^Mixed Vegetables ♥ ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Old Fashion Bean Soup ♥ Chef Salad ^#or Tofu Chef Salad ♥ ^Ital Dressing Low Cal ♥ ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	Steak & Cheese Sub or ^Roast Beef ♥ #or Soy Burger w/ Salad Dressing Potato Chips or ^Baked Potato ♥ ^Green Beans ♥ Hoagie Bun or ^Whole Wheat Bread (2) ♥ ^Margarine Pat ♥ ^Beverage ♥	^Turkey Roast ♥ #or PB & Jelly Sand (2) ^Mashed Potatoes ♥ ^Mixed Vegetables ♥ Cream Gravy ^Whole Wheat Bread ♥ ^Margarine Pat ♥ ^Beverage ♥	^Chicken Fajitas ♥ #or Cheese Quesadilla Mexican Rice or ^Steamed Rice ♥ ^Pinto Beans ♥ ^WK Corn ♥ Salsa ^Flour Tortilla (2) ♥ ^Margarine Pat ♥ ^Beverage ♥

\* Indicates Pork, # Indicates No Flesh Entree Item, ^ ♥ Indicates Heart Healthy.