

Federal Bureau of Prisons

FY 2021 Certified Religious Diet Menu

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	# # 4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 1 Margarine Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	- Chicken Wings -BBQ Sauce -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Soy Veg. Lasagna w/ -Soy Meat Sauce -Mushrooms -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Meatballs -Hawaiian -White Rice -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents, # Indicates No Flesh Entree Item, **Garden Salad may not meet religious dietary needs.**

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

- Certified Boneless Chicken Meal may be served in **Satellite Feeding Situations** in place of Certified Chicken Wing Meal.

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Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Cheese Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine Kosher Beverage	# 4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Chicken Wings -BBQ Sauce -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	-Meatballs -Hawaiian -White Rice -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	- # Elbow Pasta w/ -Soy Meat Sauce -Mushrooms -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents, # Indicates No Flesh Entree Item, **Garden Salad may not meet religious dietary needs.**

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

- Certified Boneless Chicken Meal may be served in **Satellite Feeding Situations** in place of Certified Chicken Wing Meal.

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Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage	# 4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 1 Margarine Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Chicken Wings -BBQ Sauce -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Meatballs -Hawaiian -White Rice -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Chow Mien w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents, # Indicates No Flesh Entree Item, **Garden Salad may not meet religious dietary needs.**

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

- Certified Boneless Chicken Meal may be served in **Satellite Feeding Situations** in place of Certified Chicken Wing Meal.

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Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Spanish Omelet -Potatoes 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Soy Veg. Lasagna w/ -Soy Meat Sauce -Mushrooms -Green Beans 2 Slices Bread 1 Margarine Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	-Chicken Wings -BBQ Sauce -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Turkey Cutlet -Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Cacciatore -Tomato Sauce -Mushrooms -Macaroni Pasta -Carrots 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage Garden Salad Ind. Dressing Low Cal	# 4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Meatballs -Hawaiian -White Rice -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents, # Indicates No Flesh Entree Item, **Garden Salad may not meet religious dietary needs.**

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Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Farina 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine 2 Sugar Substitute	Whole Fresh Fruit 1 Pkg Dry Cereal 2 Slices Bread 2 Cups Skim Milk 1 Cup Coffee 2 Pkg Jelly 1 Margarine 2 Sugar Substitute
Whole Fresh Fruit -Cheese Omelet -Potatoes Pkg Oatmeal 2 Slices Bread 2 Cups Skim Milk 2 Pkg Jelly 1 Margarine Kosher Beverage	# 4oz Peanut Butter 4 Pkg Jelly 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Sardines 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Chicken Wings -BBQ Sauce -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Kosher Dessert, IW or Whole Fresh Fruit Kosher Beverage	-Beans and Franks -Potatoes 2 Mustard 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Bologna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage
-Fish Fillet -Tomato Sauce -White Rice -Lima Beans 2 Tartar Sauce 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Meatballs -Hawaiian -White Rice -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Spaghetti -Meatballs -Tomato Sauce -Sweet Peas 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Ckn Chow Mein w/ -Chicken Gravy -Green Beans -White Rice -Peas and Carrots 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	- # Elbow Pasta w/ -Soy Meat Sauce -Mushrooms -Green Beans 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	-Beef Meatloaf -Brown Gravy -Mashed Potatoes -Mixed Vegetables 2 Slices Bread 1 Margarine Whole Fresh Fruit Kosher Beverage	1 Pkg Tuna 1 Pkg Potato Chips 1 Vegetable Juice 2 Slices Bread 2 Salad Dressing 2 Mustard Whole Fresh Fruit Kosher Beverage

-Tray contents, # Indicates No Flesh Entree Item, **Garden Salad may not meet religious dietary needs.**

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

- Certified Boneless Chicken Meal may be served in **Satellite Feeding Situations** in place of Certified Chicken Wing Meal.