

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 Soy Marinara Sauce ^Spinach Garlic Bread or ^Wheat Bread ^Margarine ^Beverage

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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 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

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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

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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 Soy Marinara Sauce ^Steamed Broccoli ^Garden Salad W/ Dressing Garlic Bread or ^Wheat Bread ^Margarine ^Beverage

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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