

GENERAL CONFINEMENT MENU WEEK 7

WEEK OF DECEMBER 28, 2009

	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE RICE KRISPIES HARD COOKED EGGS WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	HAMBURGER PATTIES HAMBURG ROLLS / KETCHUP POTATO CHIPS CHILLED PICKLE SPEAR CHILLED CANNED PEARS HAWAIIAN BEVERAGE *CHILLED TUNA SALAD	BREADED VEAL PATTY SPAGHETTI W/ TOMATO SAUCE STEAMED GREEN BEANS WHITE BREAD / MARGARINE CHOCOLATE PUDDING LEMON BEVERAGE *HARD COOKED EGGS
T U E S D A Y	CHILLED PINEAPPLE JUICE HOT FARINA WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE CHILLED COLESLAW HOMEMADE CORNBREAD MARGARINE HOMEMADE PEACH COBBLER ORANGE BEVERAGE *MEATLESS CHILI	TURKEY TETRAZZINI STEAMED GREEN PEAS WHITE BREAD / MARGARINE CHOCOLATE ICE CREAM GRAPE BEVERAGE *MEATLESS TETRAZZINI ON SPAGHETTI
W E D N E S D A Y	CHILLED APPLE JUICE CORN FLAKES WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BEEF PEPPER STEAK BUTTERED EGG NOODLES STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED CANNED PLUMS HAWAIIAN BEVERAGE *MEATLESS PEPPER STEAK	NAVY BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHOCOLATE CHIP COOKIES ORANGE BEVERAGE
T H U R S D A Y	CHILLED ORANGE PINEAPPLE HOT WHEATENA GLAZED DONUT WHITE MILK COFFEE SUGAR	SOUP DU JOUR CHILLED TUNA SALAD WHITE BREAD THREE BEAN SALAD CHILLED FRESH APPLE GRAPE BEVERAGE *HARD COOKED EGGS	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED COLLARD GREENS WHITE BREAD / MARGARINE ORANGE GELATIN ICE TEA *UNBREADED FISH PORTION
F R I D A Y	NEW YEAR'S DAY CHILLED PINEAPPLE JUICE HOT OATMEAL WHITE TOAST GRAPE JELLY MARGARINE WHITE MILK COFFEE SUGAR	NEW YEAR'S DAY BAKED CHICKEN BREAST SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED GREEN PEAS ROLL / MARGARINE DESSERT LEMON BEVERAGE *UNBREADED FISH PORTION	NEW YEAR'S DAY SLICED CHICKEN SALAMI SLICED AMERICAN CHEESE WHITE BREAD / MUSTARD POTATO CHIPS CHOCOLATE CHIP COOKIES CHILLED FRESH APPLE GRAPE BEVERAGE *SLICED AMERICAN CHEESE
S A T U R D A Y	CHILLED ORANGE PINEAPPLE HOT CORNMEAL HOMEMADE COFFEECAKE MARGARINE WHITE MILK COFFEE SUGAR	BREADED FISH FILLET SEASONED BROWN RICE SEASONED ZUCCHINI IN SAUCE TARTER SAUCE / KETCHUP WHITE BREAD / MARGARINE CHOCOLATE CAKE W/ VANILLA ICING GRAPE BEVERAGE *MEATLESS VEGETABLE STEW	SLICED BAKED MEATLOAF SEASONED BROWN GRAVY BOILED POTATOES TOSSED GREEN SALAD ITALIAN DRESSING WHITE BREAD / MARGARINE VANILLA PUDDING LEMON BEVERAGE *BREADED CHICKEN PATTY
S U N D A Y	CHILLED APPLE JUICE CORN FLAKES PANCAKES W/ SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SPAGHETTI WITH MEAT SAUCE STEAMED SPINACH WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE *MEATLESS TOMATO SAUCE	BAKED CHICKEN SEASONED CHICKEN GRAVY STEAMED WHITE RICE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED BREAD PUDDING ORANGE BEVERAGE *MEATLESS ALA KING

*RELIGIOUS ALTERNATIVE

10/13/09