

Federal Bureau of Prisons - National Menu FY 2012

Week 1

Updated July 2011

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 (1) ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chili Dogs (2) ^#or Vegetable Chili ^Oven Brn Potato or HH Oven Brn Potatoes ^Mixed Vegetables Catsup & Mustard Hot Dog Bun or ^Whole Wheat Bread ^Margarine ^Fresh Apple or Dessert or Dessert ^Beverage	Oven Fried Chicken ^or HH Baked Chicken #or Cottage Cheese ^Steamed Rice ^Pinto Beans ^Simmered Carrots ^Wheat Bread(1) ^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(1) ^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 (1) ^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 (1) ^Margarine ^Beverage	Chicken Ala King ^or HH Ckn Ala King #or Soy Ala King ^Noodles ^Mixed Greens ^Wheat Bread (1) ^Margarine ^Beverage	^Vegetable Soup Tuna Salad ^or HH Tuna #or Boiled Eggs (2) #W/Salad Dressing Potato Chips ^or Baked Potato ^Green Peas ^Lettuce ^Wheat Bread ^Margarine ^Beverage	*^Pork Chop #or Cheese Sandwich ^ Baked Sweet Potato ^Navy Beans ^Mixed Vegetables ^Wheat Bread (1) ^Margarine ^Beverage	Baked Ziti ^#or HH Ziti & Beef #or Soy Baked Ziti ^Spinach ^Garden Salad W/ Dressing, Reg & Diet Garlic Bread ^or Wheat Bread (1) ^Margarine ^Beverage	Baked Meatloaf ^or HH Meatloaf #or Soy Burger #W/Salad Dressing Mashed Potatoes ^or HH Mashed Potato Brown Gravy ^WK Corn ^Wheat Bread (1) ^Margarine ^Beverage	Chicken Fajitas ^or HH Chicken Fajitas #or Cheese Quesadilla Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^Mixed Vegetables Salsa ^Flour Tortilla (2) ^Margarine ^Beverage

Federal Bureau of Prisons - National Menu FY 2012

Week 2

Updated July 2011

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 (2) ^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 Tuna Salad ^or HH Tuna #or Boiled Eggs (2) #W/Salad Dressing Potato Salad ^or Baked Potato ^Green Beans ^Wheat Bread (1) ^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 (1) ^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 ^or Wheat Bread (1) ^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 Buns ^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 Yakisoba ^or HH Beef Yakisoba # or Soy Beef Yakisoba ^Simmered Cabbage ^Wheat Bread (1) ^Margarine ^Beverage	*Pork BBQ ^*or HH Pork Roast #or Soy BBQ ^Baked Sweet Potato ^Peas & Carrots ^Black Eyed Peas ^Wheat Bread (1) ^Margarine ^Beverage	Beef & Bean Burrito ^or HH Burrito #or Bean & Cheese Burrito Mexican Rice ^or Steamed Rice ^Pinto Beans ^WK Corn Salsa ^Margarine ^Beverage	^Vegetable Soup Sub Sandwich ^or Boiled Eggs (2) #or Cheese Sandwich Potato Chips ^or Baked Potato ^Carrots ^Lettuce Mustard Salad Dressing Hoagie Bun ^or Wheat Bread (2) ^Margarine ^Beverage	Chili Mac ^or HH Chili Mac #or Soy Chili Mac ^Mixed Greens ^Navy Beans ^Wheat Bread (1) ^Margarine ^Beverage	Chicken Alfredo ^or HH Chkn & Vegetables #or Cottage Cheese ^ Spaghetti Pasta ^Green Peas ^Wheat Bread (1) ^Margarine ^Beverage	Beef Tacos ^or HH Beef Tacos #or Soy Tacos Mexican Rice ^or Steamed Rice Refried Beans ^or Pinto Beans ^Mixed Vegetables ^Shredded Lettuce Taco Shells Salsa ^Margarine ^Beverage

Federal Bureau of Prisons - National Menu FY 2012

Week 3

Updated July 2011

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 (1) ^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	Baked Chicken ^or HH Baked Chicken #or Peanut Butter and Jelly (2) Mashed Potatoes ^or HH Mashed Potatoes Chicken Gravy ^Mixed Vegetables ^Wheat Bread (1) ^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 Potato Salad ^or HH Potato Salad ^Carrots ^Black Beans ^Wheat Bread (1) ^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	^Spaghetti W/ Meat sauce ^or HH Meat sauce #or Soy W/ Sauce ^Spinach Garlic Bread ^or Wheat Bread (1) ^Margarine ^Fresh Apple or Dessert or Dessert
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 (1) ^Margarine ^Beverage	Chili Con Carne ^or HH Chili #or Soy Chili ^Steamed Rice ^WK Corn Cornbread ^or Wheat Bread (2) ^Margarine ^Beverage	Kielbasa ^#or Cottage Cheese Oven Brown Potatoes ^or Baked Potato ^Black Eyed Peas Sauerkraut ^Mixed Greens Mustard ^Wheat Bread (1) ^Margarine ^Beverage	^Vegetable Soup Tuna Salad ^or HH Tuna #or Boiled Eggs (2) #W/Salad Dressing Italian Pasta Salad ^or Baked Potato ^Green Beans ^Wheat Bread (1) ^Margarine ^Beverage	^Roast Beef #or Cheese Sandwich ^Baked Sweet Potato ^ Simmered Cabbage Brown Gravy ^Wheat Bread (1) ^Margarine ^Beverage	Bf Enchilada Casserole ^or HH Beef & Vegetables #or Soy Casserole ^Steamed Rice ^Mixed Vegetables ^Wheat Bread (1) ^Margarine ^Beverage	Chicken Patty ^or HH Chicken Salad #or Boiled Eggs (2) #W/Salad Dressing Potato Salad ^or HH Potato Salad ^Pinto Beans ^Lettuce, leaf or shredded ^Tomato & Onions Salad Dressing Hamburger Bun ^or Wheat Bread (2) ^Margarine ^Beverage

Federal Bureau of Prisons - National Menu FY 2012

Week 4

Updated July 2011

Lunch & Dinner

Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch
^Scrambled Eggs Breakfast Sausage ^Farina Pancakes W/Syrup ^or HH Oven Brn Potatoes ^And Wheat Bread (2) ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chili Dogs (2) ^#or Vegetable Chili Potato Chips ^or Boiled Potatoes ^Mixed Greens Catsup & Mustard Hot Dog Buns ^or Wheat Bread (2) ^Margarine ^Fresh Apple or Dessert ^Beverage	Chicken Patty ^or HH Chicken Salad #or Cheese Sandwich 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 (1) ^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 (1) ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	^Vegetable Soup Grld Trky Ham & Cheese (2) ^or Boiled Eggs (2) ^and Wheat Bread (2) #or Cheese Sandwich (2) 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 (1) ^Margarine ^Beverage	Baked Meatloaf ^or HH Meatloaf #or Soy Burger #W/Salad Dressing Mashed Potato's ^or HH Mashed Potato Brown Gravy ^Mixed Vegetables ^Wheat Bread (1) ^Margarine ^Beverage	Tuna Casserole ^or HH Tuna & Noodles #or Cheese Sandwich ^Kidney Beans ^Carrots ^Wheat Bread (1) ^Margarine ^Beverage	^Roast Pork #or Peanut Butter and Jelly (2) ^Baked Sweet Potato ^Pinto Beans ^Green Beans Dinner Rolls ^or Wheat Bread (1) ^Margarine ^Beverage	^Grits ^Scrambled Eggs Creamed Beef Home Fries ^or HH Oven Brn Potato Biscuits ^or Wheat Bread (1) ^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 ^Spinach ^Garden Salad W/ Dressing, Reg & Diet Garlic Bread ^or Wheat Bread (1) ^Margarine ^Beverage

Federal Bureau of Prisons - National Menu FY 2012

Week 5

Updated July 2011

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 (1) ^Margarine ^Jelly (2) ^Fresh Apple ^Beverage	Chili Cheese Fries ^or HH Chili on Bkd Potato #or Veg Chili Cheese Fries ^Carrots ^Wheat Bread (1) ^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 (1) ^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 (1) ^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 Hamb Bun/^or Wheat Bd 2 ^Margarine Tartar Sauce ^Fresh Apple or Dessert ^Beverage	Sloppy Joe ^or HH Sloppy Joe #or Soy Sloppy Joe Oven Brown Potato ^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 White Rice ^WK Corn Salsa ^Margarine ^Beverage	Country Fried Steak ^or HH Beef Patty #or Soy Burger #W/Salad Dressing Mashed potatoes ^or HH Mashed Potato Brown Gravy ^Peas & Carrots ^Wheat Bread (1) ^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	^Vegetable Soup ^Chef Salad or # Tofu Chef Salad Salad Dressing ^or Diet Dressing ^Wheat Bread (1) ^Margarine ^Beverage	Steak & Cheese Sub ^or HH Roast Beef #or Soy Burger #W/Salad Dressing Potato Chips ^or Baked Potato ^Green Beans Hoagie Buns ^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 (1) ^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