

## TEN DAY MENU

## FIRST DAY

## Breakfast

Applesauce - #10 cans  
 Cornflakes - 11 oz. Pkgs.  
 Boiled Eggs  
 Fried Potatoes  
 Cinnamon Rolls  
 Butter or fortified Margarine  
 Coffee  
 Sugar  
 Milk

## Dinner

Beef Pot Roast  
 Rice  
 Peas - No. 10 tins  
 Fruit Salad  
 French Dressing  
 Molasses Fruit Cake  
 Tea

## Supper

Japanese Noodles  
 White Fish  
 Soup Stock  
 Tomatoes - No. 10 tin  
 Shoyu  
 Cauliflower  
 Onions  
 Japanese Pickles  
 Date Muffins  
 Butter or fortified margarine  
 Tea  
 Rice

## SECOND DAY

## Breakfast

$\frac{1}{2}$  Grapefruit or Orange  
 Rolled Oats  
 Scrambled Eggs  
 Bread - toast  
 Sugar  
 Coffee  
 Milk - fresh

## Dinner

Cabbage Roll  
 With Tomato Sauce  
 Carrot Raisin Salad  
 Fruited Gelatin  
 Rice

TEN DAY MENU - cont.

SECOND DAY - cont.

Supper

Pork Shoulder  
Rice  
String Beans  
Shoyu  
Japanese Pickles  
Gingerbread

THIRD DAY

Breakfast

Sliced Bananas  
Whocaties  
Baked Omelette  
Bread - toast  
Butter of fortified margarine  
Coffee  
Sugar  
Milk  
Shortening

Dinner

Braised Short Ribs of Beef  
Browned Potatoes  
Spinach  
Beets  
Apple Betty  
Sauce  
Tea  
Rice

Supper

Eggplant and Pork  
Japanese Pickles  
Rice  
Shoyu  
Cole Slaw  
Stewed Dry Figs  
Tea

FOURTH DAY

Breakfast

$\frac{1}{2}$  Orange  
Cornmeal Mush  
Bread - toast  
Jam #10 can  
Butter or fortified margarine  
Coffee  
Sugar  
Milk - fresh

ADMINISTRATIVE  
TEN DAY MENU - cont.

FOURTH DAY - cont.

Dinner

Tomato Juice  
Baked Pork & Beans  
Rice  
Cabbage, Apple Salad  
Watermelon  
or  
Fresh Fruit  
Butter or fortified margarine  
Tea

Supper

Japanese Soup  
Mutton  
Rice  
Japanese Pickles  
Apples - fresh

FIFTH DAY

Breakfast

Bananas  
Rice Crispies - 5 $\frac{1}{2}$  oz. pkgs.  
Boiled Egg  
(Butted Toast)  
Bread  
Sugar  
Coffee  
Milk  
Butter

Dinner

Hamburger Steak  
Farslied Potatoes  
Stewed Tomatoes - #10 cans  
Cucumbers  
Canned Pears - #10 cans  
Enriched Bread  
Tea  
Rice

Supper

Japanese Noodles  
Japanese Pickles  
Chocolaté Bread Pudding  
Tea  
Rice

TEN DAY MENU - cont.

SIXTH DAY

Breakfast

Apples - fresh  
Pep Flakes - 10 1z. pkgs.  
French Toast  
Syrup  
Butter or fortified margarine  
Coffee  
Milk  
Sugar

Dinner

Washington Chowder  
Sliced American Cheese  
Baked Lima Beans  
Rice  
Radishes  
Green Onions  
Canned Apricots - No. 10 tins  
Tea

Supper

Japanese Soup ( Suimono)  
Fresh Fish  
Rice  
Cauliflower  
Shoyu  
Enriched Bread  
Jelly - #10 cans  
Tea

SEVENTH DAY

Breakfast

Grapefruit -  $\frac{1}{2}$   
Rolled Oats  
Bacon  
Dry Toast  
Jelly - #10 can  
Coffee  
Sugar  
Milk

Dinner

Baked Noodles and Cheese  
Carrots  
Parsnips  
Enriched Bread  
Butter or fortified margarine  
Oranges  
Tea  
Rice

TEN DAY MENU - cont.

SEVENTH DAY - cont.

Supper

Soup  
Pork Shoulder  
Rice  
Beets - No. 10 tins, or fresh  
Shoyu  
Japanese Pickles  
Ginger Bread

EIGHTH DAY

Breakfast

Apples  
Rice Krispies -  $5\frac{1}{2}$  oz. pkgs.  
Scrambled Eggs with Bacon  
Bread - Toast  
Butter or fortified margarine  
Coffee  
Sugar  
Milk

Dinner

Round Steak & Gravy  
Mashed Potatoes  
String Beans -  
Salad  
Rice  
Tea  
Japanese Pickles

Supper

Chip Suey  
Rice  
Tossed Green Salad  
Plums - #10 tins or fruit in season  
 $3\frac{1}{2}$  cans or 30 lbs.  
Tea

NINTH DAY

Breakfast

Grapofruit -  $\frac{1}{2}$   
Cream of Wheat  
Milk - fresh  
Boiled Eggs  
Dried Toast - Bread  
Jan. #10 Tin  
Coffee  
Sugar

TEN DAY MENU - cont.

NINTH DAY - cont.

Dinner

Meat Balls - Hamburger  
Boiled Dried Lima Beans  
Cabbage - Cole Slaw  
Rice  
Tea

Supper

Japanese Egg Soup  
Beef Hearts  
Boiled Onions  
Rice  
Peaches - dried  
Sugar  
Tea

TENTH DAY

Breakfast

Stewed Figs  
Rolled Oats  
Milk - fresh  
Buttered Toast  
Coffee  
Sugar

Dinner

Steamed Frankfurters  
Boiled Cabbage  
Rice  
Mustard - 8 oz. jars  
Green Onions  
Radishes  
Fresh Fruit  
Tea  
Bread

Supper

Soup  
Sushi - Rice  
Scalloped Tomatoes  
Japanese Pickles  
Tapioca Pudding  
Tea