

MENUS FOR ONE WEEK OF LOW-COST MEALS

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Saturday	Orange Juice French Toast Syrup	Tuna Salad Sandwiches Lemon Pudding Cookies	Hamburgers on Buns French Fries Mixed Relishes Bananas
Sunday	Tomato Juice Bacon ~ Eggs Toast	Grilled Cheese Sandwiches Peaches Cookies	Pot Roast Beef Potatoes Onions ~ Carrots Bread Ice Cream
Monday	Orange Juice Cereal ~ Milk Toast Peanut Butter	Chili Crackers Apples	Cold Roast Beef Hashed Brown Potatoes Green Beans ~ Bread Cake
Tuesday	Orange Juice Cereal ~ Milk Toast Peanut Butter	Peanut Butter & Jelly Sandwiches Celery Sticks Cookies	Baked Chicken Mashed Potatoes Peas Hot Biscuits Cake á la Mode
Wednesday	Orange Juice Cereal ~ Milk Coffee Cake	Baked Beans Bread Applesauce	Roast Beef Hash Beets ~ Cole Slaw Bread Ice Cream
Thursday	Orange Juice Cereal ~ Milk Toast Peanut Butter	Corn Chowder Cheese Sandwiches Jello	Beef Stroganoff Green Salad Bread Apple Betty
Friday	Orange Juice Cereal ~ Milk Sweet Rolls	Egg Sandwiches Tomato Juice Plums Cookies	Baked Fish Baked Potatoes Buttered Cabbage Hot Rolls Fruit Cup ~ Cookies