

MENUS FOR ONE WEEK OF MODERATE-COST MEALS

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Saturday	Bacon ~ Eggs Toast ~ Jam	Grilled Cheese Sandwiches Celery Sticks ~ Pickles Apples	Swiss Steak Mashed Potatoes Corn ~ Cole Slaw Jello ~ Cookies
Sunday	Tomato Juice French Toast Syrup	Ham Sandwiches Pears ~ Cookies	Baked Ham Scalloped Potatoes Peas ~ Lettuce Salad Cake
Monday	Orange Juice Cereal ~ Milk Toast Peanut Butter	Chili Crackers Apples	Cold Ham Slices Fried Potatoes Carrots Bread Cake
Tuesday	Orange Juice Cereal ~ Milk Toast ~ Peanut Butter Jam	Soup Ham Salad Sandwiches Bananas ~ Cookies	Pork Chops Mashed Potatoes Green Beans Mixed Vegetable Salad Peaches
Wednesday	Orange Juice Cereal ~ Milk English Muffins	Tuna Sandwiches Tomato Juice Cookies	Hamburgers on Buns French Fries Assorted Relishes Cake á la Mode
Thursday	Orange Juice Scrambled Eggs Toast ~ Jam	Cheese-Bologna Sandwiches Celery Sticks ~ Pickles Jello	Fried Chicken Mashed Potatoes Spinach ~ Cole Slaw Hot Biscuits Ice Cream
Friday	Orange Juice Cereal ~ Milk Sweet Rolls	Hot Dogs Pickles Mixed Fruits	Baked Fish Baked Potatoes Stewed Tomatoes Hot Rolls Pudding ~ Cookies