

MENUS FOR ONE WEEK OF LIBERAL-COST MEALS

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Saturday	Grapefruit Juice Poached Eggs on Toast Coffee ~ Milk	Hamburgers on Buns Assorted Relishes Apples ~ Bananas	Grilled Sirloin Steak Baked Potatoes Carrots ~ Lettuce Salad Hot Rolls Cherry Pie
Sunday	Grapefruit Halves Bacon French Toast ~ Syrup	Assorted Cold Cuts Assorted Sliced Cheeses Buttered Bread Potato Chips Pickles Radishes ~ Apricots Brownies	Baked Ham Sweet Potatoes Broccoli ~ Fruit Salad Hot Rolls Ice Cream ~ Cookies
Monday	Orange Juice Boiled Eggs Buttered Toast	Spaghetti with Meatballs Celery Sticks and Relishes Bread ~ Pears	Sliced Cold Ham Potatoes Au Gratin Steamed Mixed Vegetables Bread ~ Butter Angel Food Cake with Ice Cream
Tuesday	Orange Juice Ready-to-Eat Cereal Milk Coffee Cake	Spanish Rice Peas Buttered Toast Brownies	Baked Chicken Potatoes Green Beans Mixed Green Salad Bread ~ Butter Angel Food Cake with Ice Cream
Wednesday	Orange Juice Bacon Toast ~ Jelly	Ham and Cheese Sandwiches Assorted Relishes Angel Food Cake	Grilled Chicken Potatoes Mixed Vegetables Tomato Salad Grapes ~ Apples
Thursday	Grapefruit Halves Cereal ~ Milk English Muffins	Sloppy Joes on Buns Assorted Relishes Assorted Fruits Cookies	Braised Pork Chops Carrots ~ Lima Beans Apple-Celery Salad Éclairs
Friday	Grape Juice Cereal ~ Milk Toast ~ Jelly	Minestrone Soup Egg Sandwiches Oranges	Broiled Haddock with Cucumber Sauce French Fries Buttered Spinach Tomato and Lettuce Salad Hot Biscuits Ice Cream ~ Cookies