

DETAINEE SPECIAL VEGETARIAN DIET

1	Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	2	Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee	3	Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea	4	2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	5	Blueberry Muffin Cereal Apple Jam Margarine 2% Milk Coffee	6	Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea	7	Bagel Cream Cheese Cereal Dates Jam Margarine 2% Milk Coffee		
6	6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade	7	Linguine Noodles Tossed Salad w/ Oil & Vinegar Garlic Bread Orange Margarine Drink Ade	8	White Rice Roasted Mixed Vegetables Whole Wheat Bread Loaf Orange Margarine Drink Ade	9	Noodles Jefferson String Beans w/ Tomato & Olive Oil Wheat Bread Orange Margarine Drink Ade	10	Brown Rice Tossed Salad w/ Oil & Vinegar Dates Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	11	Veg. Eastern Stew Roasted Mixed Vegetables Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	12	Fried Potatoes Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade	13	Honey Zucchini w/ Tomatoes Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade
8	Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	9	Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee	10	Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea	11	2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	12	Apple Cinnamon Muffin Cereal Apple Jam Margarine 2% Milk Coffee	13	Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea	14	Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee		
9	Brown Rice 6 Vegetable Stew Whole Wheat Bread Loaf Orange Margarine Drink Ade	10	Spaghetti Noodles Tossed Salad w/ Oil & Vinegar Whole Wheat Bread Loaf Orange Margarine Drink Ade	11	Med. Pasta w/ Tom Wheat Bread Orange Margarine Drink Ade	12	White Rice Tossed Salad w/ Oil & Vinegar Pita Orange Margarine Drink Ade	13	French Fries Lettuce and Tomato Slice Bun Orange Margarine Drink Ade	14	Grape Jam String Beans w/ Tomato & Olive Oil Whole Wheat Bread Loaf Orange Margarine Drink Ade				
10	w/ Fresh Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	11	Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade	12	Veg. Eastern Stew Tossed Salad w/ Oil & Vinegar Dates Pita Margarine 2% Milk Drink Ade	13	Brown Rice Roasted Mixed Vegetables Apple Wheat Bread Margarine 2% Milk Drink Ade	14	White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade						

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CYCLE 13 (FRIDAY)

BREAKFAST

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Grains	Cheese Omelet	1 cup						
	Pita Bread	1 each						
Fruit	Honey Dew	8 oz.						
Dairy	2% Milk	2 cups						
	Honey	4 packs						
Fat	Margarine	2 tbsp.						
Beverage	Hot Tea	1 cup						
	Sugar	4 packs						

LUNCH

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Bun	1 each						
	French Fries	1 cup						
Fruit	Orange	1 each						
Vegetable	Lettuce & Tomato Slice	2 slices each						
Protein	Veggie Patty	2 each						
Fat	Margarine	2 tbsp.						
Beverage	Drink Ade	2 cups						
	Salt	2 packs						
	Pepper	2 packs						
	Ketchup	3 packs						

DINNER

Food Group	Food Item	Quantity	Kcal	Protein	CHO	Fat	Sodium	Fiber
Starch	Brown Rice	1 cup						
	Wheat Bread, Sliced	3 slices						
Fruit	Apple	1 each						
Vegetable	Roasted Mixed Vegetables	1 cup						
Protein	Chick Pea Soup	1 cup						
Beverage	2% Milk	1 cup						
	Drink Ade	1 cup						
Fat	Margarine	2 tbsp.						
	Salt	2 packs						
	Pepper	2 packs						
	Ketchup	3 packs						
Totals			0	0	0	0	0	0

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