

Seaside Galley
HIGH FIBER MENU

CYCLE DAY 07 (Saturday)

LUNCH	DINNER
Wheat Bread Veggie Patty with Tuna Baked Potatoes Vegetable Salad Orange Raisins Juice	Wheat Bread, Sliced Noodles Zucchini with Tomatoes Grilled Fish with Sumac Honey Dew Juice

CYCLE DAY 08 (Sunday)

LUNCH	DINNER
Wheat Bread Vegetable Stew Brown Rice Green Salad Tandouri Chicken Breast Granola Bar Juice	Wheat Bread Fresh Tomatoes Pasta Carrots Grapefruit Juice

CYCLE DAY 09 (Monday)

LUNCH	DINNER
Wheat Bread Marinara Sauce Spaghetti Noodles Tossed Salad with Oil & Vinegar Honey Dew or Orange Juice	Baked Fish Portion Potato Baked with Skin Grilled Vegetable Salad Wheat Bread Apple or Grapes Juice

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CYCLE DAY 10 (Tuesday)

LUNCH	DINNER
Wheat Bread Grilled Fish with Sumac Mediterranean Pasta with Tomatoes Carrots Orange with Lemons Juice	Wheat Bread Zucchini with Tomatoes Tuna Broccoli Raisins Pears Juice

CYCLE DAY 11 (Wednesday)

LUNCH	DINNER
Wheat Bread Grilled Vegetable Salad Veggie Patty Cantaloupe with Orange Juice	Pita Bread Baked Stuffed Fish Tossed Salad Dates Apple Juice

CYCLE DAY 12 (Thursday)

LUNCH	DINNER
Pita Bread Brown Rice Mushroom Chicken Tossed Salad Mixed Nuts Orange Juice	Wheat Bread Lentils and Rice Vegetable Stew Tuna Pear with Watermelon Juice

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CYCLE DAY 13 (Friday)

LUNCH	DINNER
Wheat Bread, Sliced Baked Potatoes Tuna Lettuce and Tomatoes Granola Bar Orange Juice	Wheat Bread, Sliced Roasted Mixed Vegetables Fish Baked in Sesame Sauce Dates Apple Juice

CYCLE DAY 14 (Saturday)

LUNCH	DINNER
Tabouleh Salad String Beans with Tomatoes & Oil Green Salad Chicken with Olives Orange Raisins Juice	Wheat Bread Tuna Grilled Vegetable Salad Steamed Rice Watermelon or Honey Dew Juice

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DETAINEE SPECIAL FINGER FOOD

1 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea	2 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2 % Milk Coffee/Tea	3 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea	4 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2% Milk Coffee/Tea	5 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea	6 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2% Milk Coffee/Tea	7 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea
Peanut Butter Sandwich Whole Wheat Pita Sliced Eggplant Fresh Fruit B Margarine Milk/Tea/Drink Ade	Beef Patty on Bun Whole Wheat Bread Loaf Carrot Sticks Fresh Fruit A Margarine Milk/Tea/Drink Ade	Peanut Butter Sandwich Whole Wheat Bread Slice Cut Fresh Cauliflower Fresh Fruit B Margarine Milk/Tea/Drink Ade	Chicken Breast on Bun Whole Wheat Pita Raw Broccoli Fresh Tomato Quarters Fresh Fruit A Margarine Milk/Tea/Drink Ade	Bacon Fish on Bun Whole Wheat Bread Loaf Fresh Cut Peppers Fresh Tomato Quarters Fresh Fruit B Margarine Milk/Tea/Drink Ade	Peanut Butter Sandwich Whole Wheat Bread Slice Fresh Cut Peppers Fresh Fruit A Margarine Milk/Tea/Drink Ade	Tuna Salad Sandwich Whole Wheat Pita Fresh Radishes Fresh Fruit B Margarine Milk/Tea/Drink Ade
Chicken Breast on Bun Whole Wheat Bread Slice Raw Broccoli Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Veggie Patty on Bun Whole Wheat Pita Celery Sticks Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Baked Fish on Bun Whole Wheat Bread Loaf Fresh Cut Peppers Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Veggie Patty on Bun Whole Wheat Bread Slice Sliced Eggplant Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Chicken Breast on Bun Whole Wheat Pita Raw Cauliflower Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Beef Patty on Bun Whole Wheat Bread Loaf Carrot Sticks Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Veggie Patty on Bun Whole Wheat Bread Slice Raw Celery Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade
8 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2% Milk Coffee/Tea	9 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea	10 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2% Milk Coffee/Tea	11 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea	12 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2% Milk Coffee/Tea	13 Whole Wheat Bread Slice Assorted Muffin Orange or Orange Juice Fresh Fruit A Margarine 2% Milk Coffee/Tea	14 Whole Wheat Bagel Cold Cereal Orange or Orange Juice Fresh Fruit B Margarine 2% Milk Coffee/Tea
Peanut Butter Sandwich Whole Wheat Bread Loaf Sliced Eggplant Fresh Fruit B Margarine Tea/Drink Ade	Beef Patty on Bun Whole Wheat Bread Slice Carrot Sticks Fresh Fruit A Margarine Tea/Drink Ade	Peanut Butter Sandwich Whole Wheat Pita Cut Fresh Cauliflower Fresh Fruit B Margarine Tea/Drink Ade	Beef Patty on Bun Whole Wheat Bread Loaf Raw Broccoli Fresh Tomato Quarters Fresh Fruit A Margarine Tea/Drink Ade	Bacon Fish on Bun Whole Wheat Bread Slice Raw Broccoli Fresh Tomato Quarters Fresh Fruit B Margarine Tea/Drink Ade	Peanut Butter Sandwich Whole Wheat Pita Fresh Cut Peppers Fresh Tomato Quarters Fresh Fruit A Margarine Tea/Drink Ade	Chicken Breast in Orange Sauc Whole Wheat Bread Loaf Fresh Radishes Fresh Fruit B Margarine Tea/Drink Ade
Oven Fried Chicken Breast Whole Wheat Pita Raw Broccoli Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Veggie Patty on Bun Whole Wheat Bread Loaf Celery Sticks Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Honey Ginger Chicken Whole Wheat Bread Slice Fresh Cut Peppers Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Veggie Patty on Bun Whole Wheat Pita Sliced Eggplant Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Bayou Chicken Breast Whole Wheat Bread Loaf Raw Cauliflower Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Beef Salad Sandwich Whole Wheat Bread Slice Carrot Sticks Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade	Veggie Patty on Bun Whole Wheat Pita Raw Celery Fresh Fruit A Fresh Fruit B Margarine Tea/Drink Ade

DETAINEE REGULAR MEAL

1 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	2 Peanut Butter Whole Wheat Bread Loa 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 Loa Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	5 Blueberry Muffin	6 Cheese Omelet Pita Bread Cereal Apple Jam Margarine 2% Milk Coffee	7 Bagel Cream Cheese Cereal Dates Jam Margarine 2% Milk Coffee
Meatballs in Batter	Chicken Vegetable Alfredo Linguine Noodles	Agaraine Meatballs & Peas w/ Lemon Peppers & White Rice	Meatballs w/ Lemon Peppers & Noodles Jefferson Roasted Mixed Vegetable Beans w/ Tomato & Oil	Baked Kibbe	Grilled Chicken Breast French Fries Assed Salad w/ Oil & Vinegar & Lemon	Dawood Basha Fried Potatoes Assed Salad w/ Oil & Vinegar Bun
6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade	Wheat Bread Garlic Bread Orange Margarine Drink Ade	Whole Wheat Bread Loa Whole Wheat Bread Loa Orange Margarine Drink Ade	Whole Wheat Bread Whole Wheat Bread Orange Margarine Drink Ade	Whole Wheat Bread Loa	Grilled Vegetable Salad Orange Margarine Drink Ade	Whole Wheat Bread Loaf Orange Margarine Drink Ade
Fisherman's Fish w/ Rice Okra and Tomatoes Pear	Eggplant Pilaf in Olive Oil Grilled Vegetable Salad Apple	Fish w/ Cariander	Chick Pea Soup Brown Rice Assed Salad w/ Oil & Vinegar Banana Dates	Fish w/ Tahini White Rice Grilled Vegetable Salad Pear	Middle Eastern Stew Zucchini w/ Tomatoes Apple	Grilled Fish w/ Sumac Noodles Zucchini w/ Tomatoes Banana
Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	Pita Bread Margarine 2% Milk Tea/Drink Ade	Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	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 Loa 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 Loa Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	12 Apple Cinnamon Muffin	13 Cheese Omelet Pita Bread Cereal Apple Jam Margarine 2% Milk Coffee	14 Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee

8 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	9 Peanut Butter Whole Wheat Bread Loa 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 Loa Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	12 Apple Cinnamon Muffin	13 Cheese Omelet Pita Bread Cereal Apple Jam Margarine 2% Milk Coffee	14 Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee
Tandouri Chicken Breas Brown Rice	Italian Meat Sauce Spaghetti Noodles	Grilled Herbed Chicken Med. Pasta w/ Tomatoes	Kefta Casserole	Mushroom Chicken	Hamburger	Chicken w/ Olives Tabouleh Salad
6 Vegetable Stew Whole Wheat Bread Loa Orange Margarine Drink Ade	Assed Salad w/ Oil & Vinegar Whole Wheat Bread Loa Orange Margarine Drink Ade	Wheat Bread Orange Margarine Drink Ade	Grilled Vegetable Salad Whole Wheat Bread Loa Orange Margarine Drink Ade	Assed Salad w/ Oil & Vinegar lettuce and Tomato Slic Pita Bread Orange Margarine Drink Ade	Brown Rice French Fries Bun Orange Margarine Drink Ade	Beans w/ Tomato & Olive Oil Whole Wheat Bread Loaf Orange Margarine Drink Ade
Mediterranean Pasta w/ Fresh Tomatoes Pear Whole Wheat Bread Loa Margarine 2% Milk Drink Ade	Fried Fish Portion Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade	Falafel w/ Hot Sauce Zucchini w/ Tomatoes	Baked Stuffed Fish Assed Salad w/ Oil & Vinegar Banana Dates Pita Bread Margarine 2% Milk Drink Ade	Lentils and Rice 6 Vegetable Stew Pita Bread Margarine 2% Milk Drink Ade	In Baked in Sesame Sa Brown Rice Roasted Mixed Vegetable Pear Whole Wheat Bread Loa Margarine 2% Milk Drink Ade	Mediterranean Vegetable Frittata White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

Tandiuri Chicken- semi-fried chicken marinated in yogurt and mild seasoning

Falafel- fried ball or patty made from spiced fava beans and/or chickpeas

Kibbe- shell stuffed with chopped meat and fried. Varieties are baked, poached, or even served raw. Shaped into balls, patties, or flat

Tahini- sesame seed oil

Kefta- baked ground beef with parsley, onion

Dawood Basha- baked eggplant with sesame seeds and lemon

SOFT DIET MENU

1	2	3	4	5	6	7
Boiled Eggs Wheat Bread Cereal Apple Sauce Jam Margarine 2% Milk Decaf Coffee	Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Decaf Coffee	Scrambled Eggs Cereal Pita Bread Canned Pears Jam Margarine 2% Milk Decaf Coffee	2 Slices Cheese Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Decaf Coffee	XXXXXXXXXX Blueberry Muffin Cereal Apple Sauce Jam Margarine 2% Milk Decaf Coffee	Cheese Omelet XXXXXXXXXX Pita Bread Banana Honey Margarine 2% Milk Decaf Coffee	Wheat Bread Cream Cheese Cereal Dates Jam Margarine 2% Milk Decaf Coffee
Mashed Potatoes XXXXXXXXXX	Shredded Chicken Vegetable Alfredo Linguine Noodles	Tomato Macaroni and Cheese White Rice	Shredded Chicken in Broth Noodles Jefferson String Beans w/Tomato and Olive Oil	Baked Potato XXXXXXXXXX Steamed Squash	Mushroom Shredded Chicken Brown Rice	Deconstructed Boiled Pasta
6 Vegetable Stew Wheat Bread Apple Juice Margarine Drink Ade	Steamed Carrots Bread Apple Juice Margarine Drink Ade	Roasted Mixed Vegetables Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade	Wheat Bread Apple Juice Margarine Drink Ade	Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade	Wheat Bread Apple Juice Margarine Drink Ade	Grilled Vegetable Salad Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade
Mashed Potatoes with Rice Canned Pears Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	XXXXXXXXXX Grilled Vegetable Salad Apple Sauce Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	XXXXXXXXXX 6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Drink Ade	Brown Rice Steamed Peas Dates Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	White Rice Grilled Vegetable Salad Canned Pears Pita Margarine 2% Milk Drink Ade	XXXXXXXXXX Roasted Mixed Vegetables Apple Sauce Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Noodles Zucchini with Tomatoes Banana Wheat Bread Margarine 2% Milk Drink Ade
8	9	10	11	12	13	14
Boiled Eggs Wheat Bread Cereal Apple Sauce Jam Margarine 2% Milk Decaf Coffee	Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Decaf Coffee	Scrambled Eggs Pita Bread Canned Pears Jam Margarine 2% Milk Decaf Coffee	2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Decaf Coffee	XXXXXXXXXX Apple Cinnamon Muffin Cereal Apple Sauce Jam Margarine 2% Milk Decaf Coffee	Cheese Omelet XXXXXXXXXX Pita Bread Banana Honey Margarine 2% Milk Decaf Coffee	Waffles Syrup Cereal Dates Jam Margarine 2% Milk Decaf Coffee
Shredded Tandoori Chicken - Breast Brown Rice	Grilled Herb Chicken Shredded Spaghetti Noodles	Med. Pasta w/Tomatoes	XXXXXXXXXX	Shredded Chicken in Broth White Rice	Shredded Chicken in Broth Mashed Potatoes	Chicken with Tabouleh Salad String Beans w/Tomato and Olive Oil
6 Vegetable Stew Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade	Steamed Carrots Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade	XXXXXXXXXX Wheat Bread Apple Juice Margarine Drink Ade	Grilled Vegetable Salad Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade	Steamed Carrots Pita Apple Juice Margarine Drink Ade	Wax Beans Wheat Bread Apple Juice Margarine Drink Ade	Whole Wheat Bread Loaf Apple Juice Margarine Drink Ade
Mashed Potatoes with Fresh Tomatoes XXXXXXXXXX Canned Pears Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Mashed Potatoes Grilled Vegetable Salad Apple Sauce Wheat Bread Margarine 2% Milk Drink Ade	Zucchini with Tomatoes Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	XXXXXXXXXX Steamed Squash Dates Pita Margarine 2% Milk Drink Ade	XXXXXXXXXX 6 Vegetable Stew Canned Pears Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Brown Rice Roasted Mixed Vegetables Apple Sauce Wheat Bread Margarine 2% Milk Drink Ade	White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

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
Veggie Party	Alfredo Sauce	Kidney Beans	Veggie Party	Mediterranean Pasta w/ Fresh Tomatoes
6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade	Linguine Noodles Tossed Salad w/ Oil & Vinegar Garlic Bread Orange Margarine Drink Ade	White Rice Roasted Mixed Vegetables Whole Wheat Bread Loaf Orange Margarine Drink Ade	Noodles Jefferson String Beans w/ Tomato & Olive Oil Wheat Bread Orange Margarine Drink Ade	Cauliflower w/ Olive Oil & Lemon Whole Wheat Bread Loaf Orange Margarine Drink Ade
Northern Beans w/ Rice	Eggplant Plantain Olive Oil	White Rice	Chick Pea Soup	Black Eyed Peas
Okra w/ Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Grilled Vegetable Salad Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade	Tossed Salad w/ Oil & Vinegar Dates Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Grilled Vegetable Salad Pear Pita 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
Northern Beans	Margherita Sauce	Pinto Beans	Veggie Party	Black Eyed Peas
Brown Rice 6 Vegetable Stew Whole Wheat Bread Loaf Orange Margarine Drink Ade	Spaghetti Noodles Tossed Salad w/ Oil & Vinegar Whole Wheat Bread Loaf Orange Margarine Drink Ade	Med. Pasta w/ Tomatoes Wheat Bread Orange Margarine Drink Ade	Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade	Tossed Salad w/ Oil & Vinegar Pita Orange Margarine Drink Ade
Mediterranean Pasta w/ Fresh Tomatoes	Veggie Party	Fajitas w/ Hot Sauce	Mediterranean Stew	Black Eyed Peas
Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade	Zucchini w/ Tomatoes Banana Bun Margarine 2% Milk Drink Ade	Tossed Salad w/ Oil & Vinegar Dates Pita Margarine 2% Milk Drink Ade	6 Vegetable Stew Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

DETAINEE SPECIAL VEGETARIAN W/ FISH DIET

1 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	2 Peanut Butter Whole Wheat Bread Loa 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 Loa Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	5 Blueberry Muffin	6 Cheese Omelet	7 Bagel Cream Cheese Cereal Dates Jam Margarine 2% Milk Hot Tea
Veggie Patty						
6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade	Linguine Noodles Lettuce and Tomato Salad w/ Oil & Vinegar Garlic Bread Orange Margarine Drink Ade	White Rice Coasted Mixed Vegetable Whole Wheat Bread Loa Orange Margarine Drink Ade	Noodles Jefferson Beans w/ Tomato & Oil Wheat Bread Orange Margarine Drink Ade	w/ Fresh Tomatoes Flower w/ Olive Oil & Lased Whole Wheat Bread Loa Orange Margarine Drink Ade	Brown Rice Lased Salad w/ Oil & Vinegar Wheat Bread Orange Margarine Drink Ade	Fried Potatoes Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade
Mixed Fish						
w/ Rice Okra w/ Tomatoes Pear Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	Grilled Vegetable Salad Apple Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade	White Rice Lased Salad w/ Oil & Vinegar Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	White Rice Grilled Vegetable Salad Coasted Mixed Vegetable Pear Pita Whole Wheat Bread Loa Margarine 2% Milk Tea/Drink Ade	Middle Eastern Stew Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	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 Loa 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 Loa Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	12 Apple Cinnamon Muffin	13 Cheese Omelet	14 Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee
Fisherman's Delight						
Brown Rice 6 Vegetable Stew Whole Wheat Bread Loa Orange Margarine Drink Ade	Spaghetti Noodles Lettuce and Tomato Salad w/ Oil & Vinegar Whole Wheat Bread Loa Orange Margarine Drink Ade	Med. Pasta w/ Tomatoes Wheat Bread Orange Margarine Drink Ade	Grilled Vegetable Salad Whole Wheat Bread Loa Orange Margarine Drink Ade	White Rice Lettuce and Tomato Slic Pita Orange Margarine Drink Ade	French Fries Bun Orange Margarine Drink Ade	Grape Jam Beans w/ Tomato & Olive Oil Whole Wheat Bread Loaf Orange Margarine Drink Ade
Mediterranean Pasta						
w/ Fresh Tomatoes Pear Whole Wheat Bread Loa Margarine 2% Milk Drink Ade	Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade	w/ Hot Sauce Zucchini w/ Tomatoes Banana Bun Margarine 2% Milk Drink Ade	Med. Pasta w/ Tomatoes Whole Wheat Bread Loa Pita Margarine Drink Ade	6 Vegetable Stew Whole Wheat Bread Loa Pear Margarine 2% Milk Drink Ade	Brown Rice oasted Mixed Vegetable Apple Wheat Bread Margarine 2% Milk Drink Ade	White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

Seaside Galley
HIGH FIBER MENU

CYCLE DAY 01 (Sunday)

LUNCH	DINNER
Wheat Bread, Sliced Veggie Patty Vegetable Stew Orange or Pear Salad Juice	Wheat Bread Fisherman's Fish or Northern Beans Okra and Tomatoes Honey Dew Salad Raisins Juice

CYCLE DAY 02 (Monday)

LUNCH	DINNER
Linguine Noodles Garlic Bread Tossed Green Salad Chicken Vegetable Alfredo Watermelon Juice	Wheat Bread Grilled Vegetable Salad Eggplant Apple Pepsi Juice

CYCLE DAY 03 (Tuesday)

LUNCH	DINNER
Wheat Bread with Tuna Mixed Vegetables Tossed Green Salad Kidney Beans Orange or Grapes Juice	Wheat Bread Vegetable Stew Fish with Cariander Apples Raisins Juice

Seaside Galley
HIGH FIBER MENU

CYCLE DAY 04 (Wednesday)

LUNCH	DINNER
String Beans Tossed Green Salad Chicken with Lemon Noodles Jefferson Granola Bar Juice	Wheat Bread Tossed Salad Chick Pea Soup with Tuna Dates Lemons Apple or Pears Juice

CYCLE DAY 05 (Thursday)

LUNCH	DINNER
Mediterranean Pasta Cauliflower with Olives and Lemons Tossed Green Salad with Fresh Tomatoes Mixed Nuts Orange Juice	Pita Bread Grilled Vegetable Salad Fish with Tahini Pear with Watermelon Juice

CYCLE DAY 06 (Friday)

LUNCH	DINNER
Wheat Bread Brown Rice Grilled Chicken Breast Tossed Salad Orange with Honey Juice	Wheat Bread Roasted Mixed Vegetables Middle Eastern Stew Dates Apple Juice