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WAR RELOCATION AUTHORITY
SAN FRANCISCO REGIONAL OFFICE
SERVICE OF SUPPLY
1251 Market Street
San Francisco, California
Telephone Klondike 2-2300

GUIDE FOR MEAL PLANNING

This booklet has been compiled with the co-operation of our Health Section for the use of the Chief Stewards, Chefs and their Assistants. A copy of this guide together with the 30 day menu should be kept in a convenient place in each kitchen. It should prove of value to all the personnel concerned with feeding.

Constructive criticism and suggestions that will improve this very important division will be gladly received. When a good proven idea is offered we should all co-operate and test its advantages.

Smooth efficient kitchen operation is attained by complete co-operation of all concerned and pays dividends in better feeding and higher morale.

900
220

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ABBREVIATIONS

tsp.-- teaspoon
Tbsp.--Tablespoon
c.--cup
pt.--pint
qt.--quart

oz -- ounce
lb -- pound
pk -- peck
pkg-- package

EQUIVALENTS

4 teaspoons (silver)..(silver)..1 Tablespoon
3 teaspoons (kitchen).(kitchen)..1 Tablespoon
16 Tablespoons.....1 Cup

2 cups.....1 pint
2 pints.....1 quart
4 quarts.....1 gallon
8 quarts.....1 peck
2½ pecks.....1 basket

4 pecks.....1 bushel
16 ounces.....1 pound
4 tablespoons flour.....1 ounce
4 cups flour.....1 pound
196 pounds flour.....1 barrel
2-2/3 cups cornmeal.....1 pound
4 cups oatmeal.....1 pound
3 cups cornstarch.....1 pound
1 quart crumbs, bread, fresh....7 ounces
1 quart crumbs, dried, bread...14 ounces
3 cups tapioca, granulated.....1 pound

2 tablespoons sugar, granulated 1 ounce
2 cups sugar.....1 pound
2-2/3 cups sugar, brown or
powder.....1 pound

2 cups butter.....1 pound
2 tablespoons butter.....1 ounce
2 cups lard.....1 pound
5 cups suet, chopped.....1 pound
4 cups meat, finely chopped....1 pound
8 eggs, medium size, in shell..1 pound
10 eggs, medium size, broken...1 pound
8 egg whites.....1 cup
16 egg yolks.....1 cup
30 doz. eggs.....1 crate
2 cups cocoa.....½ pound
4 cups coffee.....1 pound

4 Tablespoons pepper..1 ounce
2-1/8 Tablespoons salt 1 ounce
2 cups salt.....1 pound
1 bushel salt.....56 pounds
3½ Tablespoons baking powder
1 ounce
1 cup baking powder.. 5½ ounce
2¼ Tablespoons cinnamon,
ground:1 ounce
2½ Tablespoons ginger, ground
1 ounce
1 bushel potatoes....60 pounds
½ peck potatoes..... 7½ pounds
2 cups beans, peas, dried
1 pound
2 cups peas, split...1 pound
1 bushel peas, split.60 pounds
1 bushel beans, peas, dried
60 pounds
3 cups macaroni.....1 pound
2 cups rice.....1 pound

2½ cups apricots, dried
1 pound
3 cups currants:.....1 pound
2½ cups peaches, dried1 pound
2½ cups prunes.....1 pound
3 cups raisins.....1 pound

24 lemons, juice.....1 quart
14 oranges, juice.....1 quart

OUTLINE OF DAILY SCHEDULE FOR MEAL PLANNING

1. 1 pint of milk per person per day all purposes.
2. Rice - every day - noon meal and 5 evening meals per week.
3. Potatoes - at least twice weekly.
4. Vegetables - green, yellow, or other - at least once a day. Under rather than overcooked.
5. Leafy vegetables and raw cabbage should be served several times a week. Tomatoes, canned or fresh, when in season in some form daily.
6. Fruit - in some form at least daily. Raw fruit as often as possible.
7. Meat, eggs or fish - twice a day.
8. Eggs - at least twice a week.
9. Enriched bread or whole grain cereal served daily.

SUGGESTIONS FOR VARYING DIETS

1. Serve daily at least one dish that has not been served for some time.
2. If you must serve the same dessert, use a different sauce.
If you must serve the same meat, use a different vegetable, or serve the potatoes another way.
3. Be sure that dishes made from left-overs are adequately seasoned.
4. That bit of left-over vegetable may make a cabbage salad taste better, and go further.
5. Left-over dried fruits, if chopped up, may be added to gelatin, rice or tapioca desserts, or cooked up with sugar and water into a delicious sauce for hot biscuits, cottage pudding, boiled rice, bread pudding, or made into a spread for bread.
6. Salads should be cold, well seasoned and attractively served. Small servings may be used as a relish to "pep-up" a meal.
7. Vary the bread - using quick breads, rolls, muffins, cornbread. A whole grain bread once a day is a good rule.
8. Each unit should have at least one day per week for utilizing all left-overs, preferably Wednesday or Thursday.

GUIDE FOR PLANNING MENUS

ITEM OF FOOD

FREQUENCY OF SERVING

Cereals

Cracked Wheat)
Rolled Oats)-----5 times a week
Cornmeal)
Rice)

Cornflakes-----1 time a week

Cheese

American-----To serve in combination with
other foods or sliced.

Eggs-----1/3 dozen per man per week (2
servings of 2 eggs per man -
balance used in cooking.)

Breakfast Meats

Bacon-----2 - 2 oz. servings per week
Ham-----2 - 3 oz. servings per week.
Sausage-----Breakfast service once a week

Butter-----1/8 lb. per man per week

Bread Spreads

Peanut Butter)
Jelly)-----Work into Menu for bread spread.
Jam)

Fruit - Fresh

Apples-----1 time a week
Bananas-----1 time a week
Oranges-----1 time a week
Grapefruit-----2 times a month

Fruit - Dried

Prunes)
Figs)-----4 times a week
Apricots)

SUGGESTIONS FOR USING LEFT-OVER FOOD

Meat, Spaghetti, Rice or Noodle combinations
Meat and Vegetable Pie
Hash
Meat Loaf
Meat ground for Sandwich Spread
Croquettes (Left-over Rice can be utilized with meat this way.)
Stew with large quantities of vegetables
Ground Meat and Potato Cakes
Fish Loaf Patties, or Cakes
Vegetable Salads
Vegetable combinations such as:
 Celery, carrots, turnips and bean sprouts
 Peas and carrots
 Peas and potatoes
 Vegetable Hash
 Italian Squash, Onions and Tomatoes
 Tomatoes, Onions and White Radishes (Daikon)

Scalloped Tomatoes with Rice
Scalloped Lima Beans using left-over tomatoes and Limas
Vegetable Plate
Rice Pancakes
Macaroni, green and onion salad
Potato, Onion or Kombu vegetable soup
Any Creamed Rice and Fish Soup
Fried Cornmeal Mush served with Syrup
Scrambled Eggs and Tomato on Toast
Fruit for Fruit Salad
 Pie Filling
 Pudding
Cup Cakes or Cake for Pudding
Oatmeal Pudding

SUGGESTED COLD LUNCH

Choice of sandwiches (see list below)
Fresh fruit, tea, cocoa or milk
Cake, cup cake, cookies or pie

SUGGESTED SANDWICHES

Luncheon Meat, mustard or relish, bread and butter	Tongue, mustard or relish Bread and Butter
Liverwurst, lettuce, mustard rye or graham or white bread and butter	Jam or Jelly, Bread and Butter
Corned Beef, mustard, or relish rye or graham or white bread and butter	Deviled Egg, Bread and Butter
Cheese, mustard, or relish rye or graham or white bread and butter	Deviled veal - using left-over veal, bread and butter
Lettuce, tomato, mayonnaise bread and butter	Deviled beef - using left-over beef, bread and butter
Left-over baked beans, mustard or catsup, bread and butter	Deviled ham - using left-over ham, bread and butter
Peanut Butter, lettuce, bread and butter or peanut butter, Jelly or Jam and Bread and Butter	Cold Roast meat, using left-over relish, Bread and Butter
	Flaked Salmon, chopped celery, Mayonnaise, lettuce, lemon juice, Bread and Butter

NOTE: As sandwich service can increase the dinner cost to some extent, therefore, use left-over meats, beans or combinations of meat, seafoods and other sandwich fillings whenever possible.

It is well, also to give a choice of sandwiches with one of the less expensive fillings along with meat or egg sandwiches. The cheaper fillings are: Peanut Butter, Jam, Lettuce and Tomato, Plain Lettuce with mayonnaise, Deviled Meat, using left-over beef, run through a food chopper and combined with relish, mayonnaise, or catsup, and Baked Bean Sandwiches made from left-over baked beans.

CEREALS

CEREAL TIME TABLES

<u>*Cereal</u>	<u>Amount</u>	<u>Yield</u>	<u>Cooking Time</u>	<u>General Directions</u>
Cornmeal	1 cup	6 cups	45 minutes	Mix cornmeal, salt and cold water in a pan. Cook over the flame stirring constantly. Cook over boiling water. Proportions: 1 cup Cereal to 6 cups of water.
Farina Cream of Wheat	1 cup	5-6 cups	20 minutes	Gradually add cereal to boiling, salted water stirring constantly for five minutes. Cook over boiling water. Proportion: 1 cup Cereal to 5 cups of water.
Oatmeal Quick cooking	1 cup	3-4 cups	20 minutes	Stir oatmeal until the boiling, salted water cooks over flame ten minutes. Cook over boiling water. Proportion: 1 cup of cereal - 3 cups of water.
Rice	1 cup	4 cups	35-45 minutes	Wash rice to remove loose starch. Place rice, water and salt in a covered kettle over a moderate fire; when water heats vigorously reduce flame as low as possible or set back on stove if it is one of wood or coal. At the end of forty minutes all of the water should be absorbed. Proportion: 1 cup of cereal to $1\frac{1}{2}$ cups of water.
Macaroni	1 cup	4 cups	10-20 minutes	Cook in boiling salted water. If it is to be served hot, pour hot water over cooked macaroni to remove excess starch; if it is to be served cold, use cold water.
Wheat	1 cup	4-5 cups	45-60 minutes	Stir cereal into boiling salted water and cook for 5 minutes. Allow to soak in this water over night. Cook over boiling water 1 to 4 hours. Longer soaking develops a fine flavor. Proportion: 1 cup cereal to 4 cups of water.

* Short period cookery of cereal is possible but it improves with longer cooking.

DIRECTIONS AND TEMPERATURE CHART FOR ROASTING MEAT

Wipe roast with damp cloth. Season roast before or after cooking as desired.

Roast beef, lamb and pork in open pan. Roast veal in closed pan, cover with a paste of flour and fat or lard it with salt pork or bacon. (Veal has a tendency to become dry as it is deficient in fat and can be protected by covering or larding.)

Because meat will continue to cook after it has been removed from the oven, the degree of doneness should be decided upon beforehand so that the roast will not be over-done when served.

Roasts cut to better advantage when cooled before carving. It is well to remember this when serving roast meat. Cool before carving to get the greatest number of servings per pound.

To prevent an excessive loss of weight from shrinkage during roasting, roast meat according to the following chart at the listed temperatures.

CHART FOR ROASTING MEAT

Kind of Meat	Time	Temperature
Roasts:		
Veal	30 minutes per pound	325 degrees Farenheit
Lamb	30 minutes per pound	325 degrees Farenheit
Pork	30 minutes per pound	350 degrees Farenheit
Beef-Rare	For 20 minutes	400 degrees Farenheit
	20 minutes per pound	250 degrees Farenheit
Beef-Medium	For 20 minutes	400 degrees Farenheit
	25 minutes per pound	250 degrees Farenheit
Beef-Well-Done	For 20 minutes	400 degrees Farenheit
	30 minutes per pound	250 degrees Farenheit

For Pot Roasting -- Top Stove Cooking -- Cook meat 35 minutes to the pound at simmering temperature

BEVERAGES

COFFEE

Perfect cleanliness of everything used in the making of coffee is essential.

Coffee bags and filters must be changed frequently. Urns, pots, etc., must be immaculate.

Coffee deteriorates rapidly and must not be made more than 15 minutes before serving time.

TEA

LEMONADE

12 ounces lemon juice to 1 gallon of water. (12 medium sized lemons)
1 pound sugar to 1 gallon of water.

BUTTERMILK

Buttermilk makes an excellent beverage especially when it can be purchased inexpensively in the locality.

COCOA

1 pound of cocoa to 8 gallons of liquid as follows:

- 2 quarts of cold water added to cocoa
- 10 quarts of hot water added to cocoa and cold water mixture
- 20 quarts of hot milk
- 4 pounds of sugar.

MILK CANNED - TO FRESH

Equal parts of canned evaporated milk and water to which has been added a pinch of salt and a few drops of vanilla extract will make a palatable drink. From a food value standpoint this is comparable to whole fresh milk.

HANDLING VEGETABLE AND FRUITS BEFORE COOKING

Use green and succulent vegetables as soon as possible after buying them in the market or gathering them in your own garden, in order to conserve their full vitamin content as well as their garden-fresh flavor.

Order fresh, green vegetables from day to day if practicable, from a dealer you can depend on -- for there is a gradual loss of vitamin C and the B vitamins when they are allowed to stand at ordinary temperatures. The vitamin C losses are most serious and most rapid, especially in non-acid vegetables -- and these include practically all vegetables except tomatoes. Fruits are not so much of a problem, for they contain sufficient acid to conserve their vitamin C content.

Handle fresh vegetables gently, just as you handle fresh fruits, for bruising causes rapid losses of vitamin C. Wash and store in the refrigerator, close-covered, to cut down vitamin losses. Don't let greens and salad things soak in cold water. Wash them quickly but thoroughly, and put them in a covered pan in the refrigerator to crisp. Don't pare and cut up your vegetables for dinner before you go to your afternoon relief.

Shell green peas or lima beans just before time to cook; they retain their vitamin C much better in the pods, in a cold place.

Start frozen vegetables cooking while they are still frozen, following directions on the package, as considerable vitamin C is lost when they are thawed in air. If frozen fruits are to be served uncooked, thaw them just before serving.

POTATOES AND ROOT VEGETABLES

Potatoes and other root vegetables likewise should be prepared just before cooking time. Cooking in their skins conserves the greatest amounts of vitamins and minerals, but is not always practical. If potatoes are to be pared, do pare them as thinly as possible,--and don't let them stand in cold water afterward. Carrots may be well scrubbed with a stiff vegetable brush, rather than pared or scraped; parsnips may be scrubbed before cooking, and the skins slipped off after boiling. Cut carrots, parsnips, and other "long" vegetables lengthwise rather than in slices; they are long-celled, and so there will be less "bleeding" of nutriment into the cooking water if they are cut in that manner.

Cabbage, carrots, or other vegetables that are to be shredded or cut fine for cooking or for using in salad or slaw should be cut immediately before using, for shredding exposes innumerable cut surfaces to the air, hastening destruction of vitamin C. If for salad, the acid dressing should be added at once and well mixed, for acid (lemon juice or vinegar) helps to prevent destructive oxidation. Everyone knows that adding lemon juice, pineapple juice or other acid juice to diced apples, pears, bananas and other fresh fruits will prevent them from darkening; it will at the same time cut down loss of vitamin C.

COOKING TO SAVE VITAMINS

When it comes to cooking fresh vegetables and fruits, the two-fold aim is (1) to prevent undue destruction of vitamin C by heat and air (oxidation) and (2) to avoid wasting the water-soluble minerals and vitamin C, and the "B" group--thiamin, riboflavin, nicotinic acid, etc.

It is not necessary to use large amounts of water, however. Start with barely the amount of rapidly boiling lightly salted water that you think will be sufficient to cook the vegetable, but that will have almost entirely cooked away by the time it is done.

Nutrition authorities are now advising that spinach be cooked in a little extra boiling salted water, rather than in just the water which clings to the leaves. Cook briefly, drain, and discard the liquid. Season the cooked greens as desired, adding lemon juice at the last moment to prevent unpleasant color changes which the presence of acid causes in green vegetables.

For red vegetables, such as red cabbage, and beets the opposite holds true. They need acid in order to keep their color, while the green vegetables resent it. Adding a little lemon juice or vinegar, or even a diced tart apple while the vegetable is cooking will keep the color a pleasing red.

Don't add soda to green vegetables to keep them green. This alkaline salt, beneficial as it is for so many other purposes, destroys vitamins C and B1 (thiamin). Cooking the vegetable uncovered keeps the desired color, and so the use of soda is unnecessary.

DON'T OVER-COOK

Far too many cooks have a tendency to cook the life out of succulent vegetables. They should be considered done when they are barely tender, but still a little crisp and firm when chewed. Potatoes and other starchy vegetables, of course, need to be cooked until no raw taste remains--and they need to be cooked in more water than the others require.

Don't, however, cook potatoes until they go to pieces in the water, for they lose excessive quantities of vitamins and minerals when that happens.

Don't use long cooking processes when shorter ones are feasible. When you do make stew or vegetable soup, or prepare an old-fashioned "boiled dinner", follow the now-fashioned dictates of nutrition authorities: Add each vegetable just long enough before serving time so that it will be cooked tender but not soggyly over-done and strong in flavor.

DON'T keep hot cooked vegetables standing a minute longer than necessary before serving. Time their cooking so that they "come out even" with other foods for the meal. If for any reason they must be kept waiting for some time after cooking, set them off to cool, then reheat them quickly just before serving. This is important!

AVOID LEFTOVERS

After standing in the refrigerator a day or two, vegetables are of much less value from the vitamin standpoint than when freshly cooked. Tomatoes, cooked or fresh, are an exception to this generality. Their high acid content acts as vitamin C insurance; and they can be kept for several days without great loss. Fruits likewise, being acid, retain their vitamin C longer than do non-

acid vegetables.

We have said that it is bad nutritionally--or vitaminly--to add soda to green vegetables. Neither should it be added to tomatoes when making tomato soup. Simply stir the cold tomatoes slowly into the cold milk, heat gently, season, and serve at once.

DO RIGHT BY CANNED FOODS

Vegetables and fruits canned commercially ordinarily retain more of their vitamin content than home-canned foods because air is more completely excluded during the commercial canning process than is possible under home conditions. The liquid in the cans contains a good proportion of water-soluble vitamins and minerals, and so should by all means be eaten, in one form or another. Don't destroy the vitamin values of canned foods by over-cooking them after removing them from the cans. Heat as briefly and quickly as possible to conserve the vitamins most successfully.

Canned fruits offer no problem, because the syrup is eaten with the fruit. In the case of canned vegetables, one of the most practical ways of utilizing the liquid is to drain it into a saucepan and boil it down about half, then add the vegetable itself, heat quickly, season, and serve.

The oily liquid in cans of tuna, salmon, or sardines carries vitamins A and D. Use it in making fish loaf, sauces or dressings.

Evaporated milk provides the values of whole milk in a convenient and inexpensive form. Diluted one-half with water it is the equivalent of fresh whole milk. In some cases it can well be used without diluting, thus doubling the quantity of calcium, and of vitamin A and some of the B vitamins, in the finished dish.

WHAT ABOUT OTHER FOODS?

So far as fresh foods other than vegetables and fruits are concerned, only a word or two need be added.

The advice against over-cooking given previously holds true for meats also, with the exception of fresh pork, which must be thoroughly cooked to avoid danger of the disease trichinosis, which comes from eating under-done pork. It is better to accept some destruction of vitamin B1 (of which pork is a rich source) than to risk serving this particular type of meat under-cooked.

To accomplish both these aims, follow this one big general rule:

- * COOK QUICKLY, AS SHORT A TIME AS POSSIBLE,
- * USING AS LITTLE WATER AS POSSIBLE -- MAKE
- * USE OF COOKING WATER WHERE IT IS PALATABLE

You don't need special equipment to carry out these simple recommendations. You can do it with whatever kind of stove and whatever kind of ordinary kettles and saucepans you are in the habit of using. (Unless you are in the habit of cooking in copper! The presence of copper in any amount speeds up the destruction of vitamin C.)

Not only do you conserve the vitamins and minerals in your fresh vegetables and fruits by following the rule--the vegetables you serve will be at their best so far as color, flavor, and texture are concerned, too! That is an important point--for there would be no sense in conserving nutritional elements in foods if the foods themselves turned out to be unappetizing, tasteless messes!

USE AS LITTLE WATER AS POSSIBLE

When you drown vegetables in large quantities of boiling water, you draw out of them extra-large amounts of the water-soluble C and B vitamins and minerals. And then, invariably, you take the kettle to the sink and drain off all that water with all those vitamins and minerals.

On the other hand, if you start vegetables cooking in very little water, so that when they are tender there are just a few spoonfuls of liquid left on them, it is easy to make use of that richly flavored and highly valuable liquid. You may simply add a little salt and pepper, and serve "as is" Or, you may make a slightly thicker-than-usual cream sauce and pour over the undrained vegetable, and let the remaining liquid thin the sauce to proper consistency.

In the case of mild-flavored vegetables, if you wish to serve them fairly "dry", drain off the liquid into a jar, cover, and put it in the refrigerator where you will see it next time you prepare a meal. Use it! Add it to something--practically any type of gravy or soup will be all the better for its inclusion. Of course, if the cooking liquid is unpalatable, it's better to discard it than to try to use it. The water in which cabbage or other strong-flavored vegetables has cooked contains disagreeable sulphur compounds, and the water in which spinach has been cooked contains objectionable compounds of oxalic acid.

TO COOK SHREDDED VEGETABLES

A form of almost-waterless cooking is excellent to use in cooking shredded or diced mild-flavored succulent vegetables. Put about one-gallon water into the pan, a little oil, or other fat, and heat to boiling. Add the freshly-diced or shredded vegetable, salt lightly, cover tightly, and cook just until tender. 10 to 20 minutes will be ample for most vegetables.

E2.81

Mr. Sparker

WAR RELOCATION AUTHORITY

San Francisco Regional Office
Subsistence Section
Service of Supply
1231 Market Street
San Francisco, California
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Revised

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MENU #2 1942

This booklet of a four-week menu has been compiled for the help and guidance of the Chief Steward and his assistants so that they may arrive at the component necessary parts to make up each daily menu. From time to time these menus will necessarily be changed and the cooperation of all concerned will be appreciated. Suggestions or criticisms that would improve feeding facilities and services will be welcomed at all times.

FIRST WEEK

MONDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Baked Apple	100 ea.
Cream of Wheat	8 lbs
(Salt	2 oz.
Fried Egg	100 ea.
Milk	1 1/2 pts. 100
Bread, toast	12 lbs
Coffee	2.8 4 lbs
Sugar	4 1/2 lbs
Butter	2 1/2 lbs
Milk, Evap.	4 cans

DINNER

Vegetable Soup	
6 gals of beef stock	15 lbs bones
Carrots	10 lbs
Potatoes	15 lbs
Celery	4 lbs
Tomatoes	3 lbs
Onions	4 lbs
Salad	
Lettuce	10 heads
Tomatoes	10 lbs
Mayonnaise Dressing	2 qts
Beef ala mode	
Beef	30 35 lbs
Butter	1 1/2 lbs
Bacon	2 lbs
Flour	2 lbs
Beef Stock, 3 gals.	5 lbs bones
Tomatoes	2 #2 1/2 cans
Salt	4 oz
Pepper	1 oz
Onions	3 lbs
Garlic	1
Vegetable	
Mashed Potatoes	25 lbs
Milk, Evap.	2 cans
Peas	3 #2 1/2 cans
Dessert - Fruit Gelatin	4 26oz. pkgs.
Bread	8 lbs
Butter	2 1/2 lbs
Tea	1/2 lbs

FIRST WEEK

MONDAY

MENU

QUANTITIES TO
Serve 100SUPPER

Pork Chop Suey

Pork

Onions

Celery

Pepper, green

Cabbage

Soy Sauce

Salad

Sliced Beets

Salad Oil

Vinogar

Sugar

Salt

Black Pepper

Vegetable

Spinach

Rice

Tea

~~20~~ 15 lbs

15 lbs

10 lbs

10 lbs

15 lbs

2 qts

15 lbs

1 qt.

1 pt.

2 oz.

2 oz.

 $\frac{1}{2}$ oz.

25 lbs

25 lbs

 $\frac{1}{2}$ lbsTOTAL COMPONENTS REQUIRED FOR DAY

Apples

100 ea.

Potatoes

30 lbs

Cream of Wheat

8 lbs

Celery

14 lbs

Salt

14 oz.

Tomatoes

13 lbs

Eggs

100 ea.

Onions

22 lbs

~~Milk~~ ~~$\frac{1}{2}$ pts. 100~~

Lettuce

10 heads

Bread

20 lbs

Mayonnaise

2 qt

Jam #2

5 jars

Beef

35 lbs

Coffee

~~2.84~~ lbs

Bacon

2 lbs

Sugar

4 $5\frac{1}{8}$ lbs

Flour,

2 lbs

Butter

 $5\frac{1}{2}$ lbsTomatoes #2 $\frac{1}{2}$

2 cans

Milk, Evap.

4 cans

Black Pepper

 $1\frac{1}{2}$ oz.

Beef Bones

5 lbs

Garlic

1

Carrots

4 lbs

Soy Sauce

2 qts

Peas #2 $\frac{1}{2}$

3 cans

Beets

15 lbs

Gelatin, fruit 26oz.

4 pkgs.

Salad Oil

1 qt.

Tea

1 lb

Vinogar

1 pt.

Prok

20 lbs

Rice

25 lbs

Pepper, green

10 lbs

Spinach

25 lbs

Cabbage

15 lbs

FIRST WEEK

TUESDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

$\frac{1}{8}$ Grapefruit	50 ea.
Rolled Oats	9 1 lbs
(Salt)	4 oz
Fried Bacon	15 lbs
Fried Potatoes	20 lbs
Bread, toast	12 lbs
Butter	2 $\frac{1}{2}$ lbs
Coffee	4 lbs
Sugar	4 $\frac{1}{2}$ lbs
Milk	$\frac{1}{2}$ pts. 100-6 $\frac{1}{4}$ gal.
Milk, Evap.	.5 cans

DINNER

Baked Macaroni (Southern Style)	
Macaroni	15 lbs
Tomatoes	6 #2 $\frac{1}{2}$ cans
Onions	4 lbs
Lard	2 lbs
Salt	3 oz.
Salad (Cole Slaw)	
Cabbage	20 lbs
Salad Oil	1 qt.
Vinogar	1 pt.
Salt	3 oz.
Pepper	1 oz.
Vegetable - Rice	25 lbs
Ice Water	
Tea	$\frac{1}{2}$ lb.

SUPPER

Hamburger Steak with Fried Onions	
Hamburger	35 lbs
Onions	30 lbs
Shortening	2 lbs
Catsup	1 #10 can
Vegetable	
Rice	25 lbs
Stewed Corn	3 #10 cans
Bread	12 lbs
Jam	1 #10 can or 5 #2 jars
Tea	$\frac{1}{2}$ lb

FIRST WEEK

TUESDAY

MENU

Quantities To Serve 100

TOTAL COMPONENTS REQUIRED FOR DAY

Grapofruit	50 ea.
Rolled Oats	9 1 lbs
Salt	10 oz
Bacon	15 lbs
Potatoes	20 lbs
Bread	24 lbs
Butter	2 $\frac{1}{2}$ lbs
Coffee	4 lbs
Sugar	4 $\frac{1}{2}$ lbs 2 oz.
Milk	$\frac{1}{2}$ pts. 100
Milk, Evap.	5 cans
Macaroni	15 lbs
Tomatoes #2 $\frac{1}{2}$	6 cans
Onions	34 lbs
Cabbage	20 lbs
Salad Oil	1 qt.
Vinogar	1 pt.
Black Pepper	1 oz.
Rice	50 lbs
Hamburger	35 lbs
Shortening	2 lbs
Catsup	1 #10 can
Corn #10	3 cans
Jam #2	5 jars
Tea	1 lb
Lard	2 lbs

FIRST WEEK

WEDNESDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Stewed Prunes	7 ■ lbs
Boiled Eggs	100 ea.
Bread, toast	12 lbs
Butter	2½ lbs
Jam #2	5 jars
Coffee	4 lbs
Sugar	4½ lbs
Milk	½ pts. 100
Milk, Evap.	5 cans
Corn Meal Mush	5 lbs

DINNER

Canned Stew of Pork with Noodlos	
Pork	35 lbs
Noodlos	15 lbs
Onions	5 lbs
Potatoos	10 lbs
Tomatoos	10 #2½ cans
Salad	
Lettuce	10 heads
French Dressing	1 qt.
Vogotable	
Italian Squash	20 lbs
Rice	25 lbs
Dessert (Broad Pudding with Vanilla Sauce)	
Broad	4 lbs
Eggs	20 ea.
Sugar	5 lbs
Vanilla Extract	1 Tbsps.
Tea	½ lb

SUPPER

Frankfurtors with Cabbago	
Frankfurtors	30 lbs
Cabbago	25 lbs
Boiled Potatoos	25 lbs
Dessert (Apple Pie)	
Applos	4 #10 cans
Flour	6 lbs
Shortening	4 lbs
Salt	2 oz.
Sugar	4 lbs
Lemon Extract	3 Tbsps
Cinnamon	1 oz.
Nutmog	1 oz.

FIRST WEEK

WEDNESDAY

MENU

SUPPER (cont'd)

Bread

Jam

Tea

QUANTITIES TO
Serve 100

12 lbs

5 #2 jars

$\frac{1}{2}$ lb

TOTAL COMPONENTS REQUIRED FOR DAY

Prunes, dried

Eggs

Bread

Butter

Jam #2

Coffee

Sugar

Milk

Milk, Evap.

Corn Meal Mush

Pork

Noodles

Onions

Potatoes

Tomatoes #2 $\frac{1}{2}$

Lettuce

French Dressing

Rice

Squash, Italian

Extract, Vanilla

Tea

Frankfurters

Cabbage

Apples #10

Flour

Shortening

Salt

Extract, Lemon

Cinnamon

Nutmeg

7 # lbs

10 doz.

28 lbs

2 $\frac{1}{2}$ lbs

10 jars

4 oz.

13 $\frac{1}{2}$ lbs

$\frac{1}{2}$ pts. 100

5 cans

5 lbs

35 lbs

15 lbs

5 lbs

35 lbs

10 can

10 heads

1 qt.

25 lbs

20 lbs

1 Tbsps

1 lb

30 lbs

25 lbs

4 cans

6 lbs

4 lbs

2 oz.

3 Tbsps

1 oz.

1 oz.

FIRST WEEK
THURSDAY

MENU

QUANTITIES TO
SERVE 100

BREAKFAST

Oranges	100 ea.
Corn Flakes	9 10oz. pkgs.
Fried Ham	20 lbs
Fried Potatoes	20 lbs
Bread, toast	12 lbs
Milk	$\frac{1}{2}$ pt. 100
Butter	$2\frac{1}{2}$ lbs
Coffee	4 lbs
Sugar	$4\frac{1}{2}$ lbs
Milk, Evap.	5 cans
Jam #2	5 jars

DINNER

Boston Baked Beans	
Navy Beans	15 lbs
Bacon or Pork	4 lbs
Catsup	1 pt.
Molasses or Syrup	2 pts.
Salt	4 oz.
Pepper	1 oz.
Salad - Sliced Tomatoes	15 lbs
Vegetable	
Boiled Potatoes	25 lbs
Buttered Carrots	15 lbs
(Butter)	1 lb
Bread	
Jam	5 #2 jars
Tea	$\frac{1}{2}$ lb

SUPPER

Soup (Clam Chowder)	
Beef Stock	6 gals
Clams #2 cans	10 cans
Bacon	2 lbs
Onions	3 lbs
Potatoes	8 lbs
Flour	$1\frac{1}{2}$ lbs
Salt & Pepper to taste	
Fish, fresh	35 lbs
Soy Sauce	2 qt.
Salad (Japanese Pickles, use cabbage)	
Soy Sauce	2 qt.
Cabbage	25 lbs
Vegetable - Rice, steamed	25 lbs
Dessert	
Sliced Peaches	3 #10 can
Tea	$\frac{1}{2}$ lb

FIRST WEEK

THURSDAY

MENU

Quantities to Serve 100

TOTAL COMPONENTS REQUIRED FOR DAY

Oranges	100 ea.
Corn Flakes	9 10oz. pkgs.
Ham	20 lbs
Potatoes	53 lbs
Bread	24 lbs
Milk	$\frac{1}{2}$ pts. 100
Butter	$3\frac{1}{2}$ lbs
Coffee	4 lbs
Sugar	$4\frac{1}{2}$ lbs
Milk, Evap.	5 cans
Beans, Navy	15 lbs
Catsup	1 pt.
Salt	4 oz.
Pepper, black	1 oz.
Tomatoes	15 lbs
Carrots	15 lbs
Jam #2	5 jars
Tea	1 lb
Beef bone	15 lbs
Clams # 2 cans	10 cans
Bacon	2 lbs
Bacon or Pork	4 lbs
Molasses or Syrup	2 pts.
Onions	3 lbs
Flour	$1\frac{1}{2}$ lbs
Fish, fresh	35 lbs
Soy Sauce	4 qts.
Cabbage	25 lbs
Rice	25 lbs
Peaches #10	3 cans

FIRST WEEK

FRIDAY

MENU

QUANTITIES TO
Serve 100

BREAKFAST

Applesauce	2 #10 cans
Sugar	4 lbs.
Cinnamon	1 oz.
Nutmeg	1 oz.
Fried Eggs	100 ea.
Bread, toast	12 lbs.
Coffee	4 lbs.
Sugar	4½ lbs.
Milk	1/2 pt. or 6-1/4 gals
Butter	2½ lbs.
Jam	5 #2 jars
Cream of Wheat	6 lbs.

DINNER

Braised Beef	
Beef	35 lbs.
Onions	4 lbs.
Tomatoes	4 #2½ cans
Carrots	5 lbs.
Celery	4 lbs.
Salt	4 oz.
Pepper	1 oz.
Garlic	1
Salad, Vegetable	
Lettuce	10 heads
Tomatoes	5 lbs.
Celery	4 lbs.
Green Onions	2 bchs
French Dressing	2 qt.
Vegetables	
String Beans	3 #10 cans
Boiled Potatoes	25 lbs.
Bread	12 lbs.
Hard	2½ lbs.
Tea	½ lb.

SUPPER

Sukiyaki	
Beef	20 lbs.
Cabbage	20 lbs.
Onions	10 lbs.
Celery	10 lbs.
Soy Sauce	2 qts.
Vegetable	
Spinach	5 #10 cans
Rice	25 lbs.

FIRST WEEK

FRIDAY

MENU

QUANTITIES TO
Serve 100

SUPPER (Cont'd)

Soy Sauce	2 qts
Vinegar	1 pt.
Sugar	2 oz.
Dessert - Ginger Cookies	300 ea.
Tea, hot	$\frac{1}{2}$ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Applesauce #10	2 cans	Black pepper	1 oz.
Sugar	8 $\frac{1}{2}$ lb. 2 oz.	Garlic	1
Cinnamon	1 oz.	Lettuce	10 heads
Nutmeg	1 oz.	Tomatoes	5 lbs.
Eggs	100 ea.	Green Onions	2 bchs
Bread	24 lbs.	French Dressing	2 qts.
Coffee	4 lbs.	String Beans #10	3 cans
Milk $\frac{1}{2}$ pt. 100 or	6 $\frac{1}{4}$ gals	Potatoes	25 lbs.
Butter	2 $\frac{1}{2}$ lbs.	Tea	1 lbs.
Jam #2	5 jars	Cabbage	20 lbs
Cream of Wheat	6 lbs.	Soy Sauce	4 qts.
Beff	55 lbs.	Rice	25 lbs.
Onions	14 lbs.	Spinach #10	5 cans
Tomatoes #2 $\frac{1}{2}$	4 cans	Vinegar	1 pt.
Carrots	5 lbs.	Ginger Cookies	300 ea.
Celery	18 lbs.	Salt	4 oz.
Lard	2 $\frac{1}{2}$ lbs.		

FIR WEEK

SATURDAY

MENU

QUANTITIES TO
Serve 100

BREAKFAST

Grapefruit, $\frac{1}{2}$ cut	50 ea.
Grapenuts	8 10-oz.pkgs .
Country Sausage	30 lbs.
Hot Biscuits	100 ea.
Flour	16 lbs.
Salt	2 oz.
Baking Powder	12 oz.
Lard or Shortening	4 lbs.
Sugar	1 lb.
Milk	$\frac{1}{2}$ pt.100 or $6\frac{1}{4}$ gals.
Butter	$2\frac{1}{2}$ lbs.
Coffee	4 lbs.
Sugar	$4\frac{1}{2}$ lbs.
Jam	5 #2 jars
Milk, Evap.	5 cans

DINNER

Veal a la King	
Veal	35 lbs.
Peas	6 #3 cans
Carrots	8 lbs.
Milk, Evap.	$14\frac{1}{2}$ oz. can
Flour	6 cans
Lard	$1\frac{1}{2}$ lbs.
Salt	$1\frac{1}{2}$ lbs.
White Pepper	2 oz.
Fruit Salad	1 oz.
Oranges	2 doz.
Peaches	2 #10 cans
Bananas	10 lbs.
Canned Pears	2 #10 cans
Pineapple	4 # $2\frac{1}{2}$ cans
Lettuce	3 heads
Vegetable (Mashed Potatoes)	
Potatoes	25 lbs.
Butter	$\frac{1}{2}$ lbs.
Salt	2 oz.
White Pepper	1 oz.
Dessert	
Fruit Gelatin	4 26-oz pkgs.
Canned Potatoes	1 #10 cans
Bread	12 lbs.
Jam	5 #2 jars
Tea	$\frac{1}{2}$ lb.

FIRST WEEK

SATURDAY

MENU

QUANTITIES TO
Serve 100SUPPER

Cold Meat with Potato Salad	
Bologna	10 lbs.
Cheese	10 lbs.
Head Cheese	10 lbs.
Potatoes	20 lbs.
Onions	2 lbs.
Mayonnaise Dressing	2 qts.
Vegetable (Baked Eggplant)	
Eggplant	40 lbs.
Soy sauce	3 qts.
Rice	25 lbs.
Dessert (Quick Cake)	
Lard	4 lbs.
Brown Sugar	12 lbs.
Flour	7 lbs.
Baking Powder	6 oz.
Cinnamon	$\frac{1}{2}$ oz.
Nutmeg	$\frac{1}{2}$ oz.
Eggs	30 ea.
Tea	$\frac{1}{2}$ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Grapefruit	50 ea.	Pineapple #2 $\frac{1}{2}$	4 cans
Grapenuts 10 oz.	8 pkgs.	Lettuce	3 heads
Sausage, Country	30 lbs.	Potatoes	45 lbs.
Butter	3 lbs.	Gelatin Fruit 26 oz.	4 pkgs.
Coffee	4 lbs.	Sugar	9 $\frac{1}{2}$ lbs.
Jam #2	10 jars	Bread	12 lbs.
Milk, Fresh	$\frac{1}{2}$ gals	Tea	1 lb.
Milk, Evap.	11 cans	Bologna	10 lbs.
Veal	35 lbs.	Cheese	10 lbs.
Peas, #2 $\frac{1}{2}$	6 cans	Cheese Head	10 lbs.
Carrots	8 lbs.	Onions	2 lbs.
Flour	24 $\frac{1}{2}$ lbs.	Mayonnaise Dressing	2 qts.
Salt	6 oz.	Eggplant	40 lbs.
Pepper, White	2 oz.	Soy Sauce	3 qts.
Oranges	2 doz.	Rice	25 lbs.
Peaches #10	3 cans	Extract, Lemon	1 Tbsp.
Bananas	10 lbs.	Eggs	30 ea.
Pears #10	2 cans	Baking Powder	12 oz.
Shortening (Lard)	12 lbs.	Shortening (Lard)	9 $\frac{1}{2}$ lbs.
Brown Sugar	12 lbs.	Cinnamon	$\frac{1}{2}$ oz.
Nutmeg	$\frac{1}{2}$ oz.		

FIRST WEEK

SUNDAY

MENU

QUANTITIES TO
Serve 100

BREAKFAST

Rolled Oats	9 lbs
Oranges	100 ea.
Bacon, fried	15 lbs
Potatoes, fried	25 lbs
Bread, toast	12 lbs
Milk	100 $\frac{1}{2}$ pts.
Coffee	4 lbs
Butter	2 $\frac{1}{2}$ lbs
Jam	1 #10 can
Milk, Evap.	5 cans

DINNER

Pot Roast	35 lbs
Corn Fritters	
Corn	2 $\frac{1}{2}$ #10 can
Flour	2 lbs
Salt	2 oz.
Vegetables - Stewed Turnips	25 lbs
Rice	25 lbs
Salad	
Lettuce	15 heads
Tomatoes	15 lbs
Mayonnaise	2 qts
Hot Tea	$\frac{1}{2}$ lb.

SUPPER

Chow Mein	
Noodles	18 lbs
Pork	15 lbs
Onions	15 lbs
Celery	10 lbs
Soup Stock	4 gals
Green Peppers	6 lbs
Soy Sauce	2 qts
Corn Starch	3/4 pkg
Rice	
Dessert - Pears	3 #10 cans
Hot Tea	$\frac{1}{2}$ lb.

FIRST WEEK

SUNDAY

TOTAL COMPONENTS REQUIRED FOR DAY

Oats, Rolled	9 lbs
Oranges	100 ea.
Bacon	15 lbs
Potatoes	25 lbs
Bread	12 lbs
Milk	100 $\frac{1}{2}$ pts.
Coffee	4 lbs
Butter	2 $\frac{1}{2}$ lbs
Jam	1 #10 can
Pot Roast	35 lbs
Corn #10	2 $\frac{1}{2}$ cans
Flour	2 lbs
Salt	2 oz
Rice	50 lbs
Turnips	25 lbs
Lettuce	15 hds.
Tomatoes	15 lbs
Mayonnaise	2 qts
Tea	1 lbs
Noodles	18 lbs
Pork	15 lbs
Onions	15 lbs
Celery	10 lbs
Soup Bones	5 lbs
Green Pepper	6 lbs
Soy Sauce	2 qts
Corn Starch	3/4 pkgs
Pears #10	3 cans
Milk, Evap.	5 cans

SECOND WEEK

MONDAY

MENU

QUANTITIES TO
SERVE 100BREAKFAST

Grapefruit $\frac{1}{2}$ cut	50 ea.
Bacon, fried	15 lbs.
Potatoes, fried	20 lbs
Bread, toast	12 lbs
Butter	2 $\frac{1}{2}$ lbs
Jam	5 #2 jars
Coffee	$\frac{1}{4}$ lbs
Sugar	$\frac{1}{4}$ lbs.
Milk, Fresh	$\frac{1}{2}$ Pts. 100 or 6 $\frac{1}{4}$ gals.
Milk, Evap.	5 cans
Cracked Hominy	$\frac{1}{4}$ lbs.

DINNER

Roast Pork	
Pork	35 lbs.
Apples	1 #10 can
Mashed Potatoes	
Potatoes	25 lbs.
Milk, Evap.	3 cans
Salt & Pepper to taste	
Rice	25 lbs.
Peas	12 #2 $\frac{1}{2}$ cans
Salad (Pickled Beets)	
Beets	15 lbs
Onions	$\frac{1}{4}$ lbs
Salad Oil	1 $\frac{1}{2}$ qts.
Vinegar	1 pt.
Dessert (Bread Custard)	
Milk, Evap. - 14 $\frac{1}{2}$ oz. cans	4 cans
Bread	2 lbs.
Eggs	2 doz.
Sugar	1 $\frac{1}{2}$ lbs.
Cinnamon	2 oz.
Nutmeg	2 oz.
Extract, Lemon	1 oz.
Tea	$\frac{1}{2}$ lb.

SECOND WEEK

MONDAY

MENU

QUANTITIES TO
SERVE 100

SUPPER

Beef Sukiyaki	
Beef	20 lbs.
Onions	10 lbs.
Celery	10 lbs.
Cabbage	20 lbs.
Soy Sauce	2 qts.
Rice	25 lbs.
Cabbage Pickle	20 lbs.
Dessert (Apple Pie)	
Apple	4 #10 cans
Flour	6 lbs.
Lard	4 lbs.
Sugar	$\frac{1}{2}$ lb.
Tea	$\frac{1}{2}$ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Grapefruit	50 ea.	Beets	15 lbs.
Bacon	15 lbs	Salad Oil	$1\frac{1}{2}$ qts.
Potatoes	45 lbs	Vinegar	1 pt.
Bread	26 lbs	Tea	1 lb
ButterJ	$2\frac{1}{2}$ lbs	Eggs	2 doz
Jam #2	5 jars	Cinnamon	2 oz.
Coffee	4 lbs	Nutmeg	2 oz.
Sugar	$6\frac{1}{2}$ lbs	Extract, Lemon	1 oz.
Milk, Fresh	$6\frac{1}{2}$ gals	Beef	20 lbs.
Milk, Evap.	12 cans	Celery	10 lbs.
Cracked Honey	4 lbs	Cabbage	40 lbs.
Onions	14 lbs	Soy Sauce	2 qts.
Flour	6 lbs	Rice	50 lbs.
Beef Bones	10 lbs	Apple #10	5 cans
Peas #2 $\frac{1}{2}$	12 cans	Lard	4 lbs
Pork	35 lbs		

SECOND WEEK

TUESDAY

QUANTITIES TO
SERVE 100

MENU

BREAKFAST

Stewed Peach, dried		10 lbs
Rice Krispies		10 pkgs.
Hot Corn Bread		
Corn meal		9 lbs
Flour		2½ lbs
Baking Powder		3 oz.
Salt		3 Oz.
Shortening		1 lb.
Eggs		20
Milk		4 qts.
Scrambled Egg		100 ea.
Butter		2½ lbs.
Milk, Fresh	½ Pts. 100 or	6¼ gals.
Coffee		4 lbs.
Sugar		4½ lbs.
Jam		1 #10 Can
Milk, Evap		5 cans

DINNER

Hungarian Goolash		
Beef		30 lbs.
Soup Stock		4 gals
Paprika		6 oz.
Garlic		1 clove
Chopped Onions		2 lbs.
Salt		3 oz.
Pepper		1. oz.
Vegetable - Rice		25 lbs.
Dessert (Tapioca Pudding)		
Tapioca		4 lbs.
Water		4 gals.
Sugar		7 lbs.
Chopped Fruit		4 2½ cans
Eggs		20 ea.
Extract, Vanilla		1 oz.
Tea		½ lbs.

SECOND WEEK

TUESDAY

MENU

QUANTITIES TO
SERVE 100

SUPPER

Chop Suey	
Pork	20 lbs
Celery	10 lbs
Onions	10 lbs
Salad Bean Sprouts	20 lbs.
Cucumber	15 lbs.
Soy Sauce	2 qts.
Vinegar	1 pt.
Vegetable -- Rice	25 lbs.
Milk, Fresh	4 gals
Tea	$\frac{1}{2}$ lbs.

TOTAL COMPONENTS REQUIRED FOR DAY

Stwed Peach, dried	10 lbs	Paprika	6 oz
Rice Krispies	15 pkgs	Garlic	1 clove
Eggs	140	Onions	12 lbs
Butter	2 $\frac{1}{2}$ lbs	Pepper	1 oz.
Milk, Fresh	7 $\frac{1}{4}$ gals.	Rice	50 lbs.
Coffee	4 lbs	Tapioca	4 lbs.
Sugar	11 $\frac{1}{2}$ lbs.	Extract, Vanilla	1 oz
Jam #2	5 jars	Tea	1 lb
Milk, Eva.	5 cans	Pork	20 lbs.
Corn Meal	9 lbs	Celery	10 lbs.
Flour	2 $\frac{1}{2}$ lbs	Bean Sprouts	20 lbs.
Baking Powder	3 Oz	Cucumber	15 lbs
Salt	6 oz	Soy Sauce	2 qts.
Shortening	1 lb	Vinegar	1 pt.
Beef	30 lbs.	Soup Bones	10 lbs
		Chopped Fruit #2 $\frac{1}{2}$	4 cans

SECOND WEEK

WEDNESDAY

MENU

QUANTITIES TO
SERVE 100

BREAKFAST

Oranges	100 ea.
Rolled Oats	9 12 lbs.
Ham, fried	20 lbs.
Potatoes, fried	20 lbs.
Bread, toast	12 lbs.
Butter	2 $\frac{1}{2}$ lbs.
Coffee	4 lbs.
Sugar	4 $\frac{1}{2}$ lbs.
Milk, Fresh	$\frac{1}{2}$ Pts. 100 or 6 $\frac{1}{4}$ gals.
Milk, Evap.	5 cans
Jam	5 #2 jars

DINNER

Short Ribs of Beef & Brown Gravy (Baked)	
Beef	35 lbs.
Onions	3 lbs.
Chili Powder	6 oz.
Salt	3. Oz.
Vegetable - Rice	25 lbs
Mashed Potatoes	20 lbs
Salad (Pickled Beets)	
Beets	15 lbs
Bread	12 lbs
Jam	5 #2 jars
Tea	$\frac{1}{2}$ lb.

SUPPER

Japanese Soup	
Miso	4 lbs.
Soup Stock	6 gals.
Dried Onions	4 lbs.
Cabbage	5 lbs.
Potatoes	5 lbs.
Entree (Hamburger Steak)	
Hamburger	35 lbs.
Bread	4 lbs
Onions	5 lbs
Salt	4 Oz
Peper	1 Oz
Vegetable - Rice	25 lbs
Japanese Pickle (Use Chinese Cabbage)	20 lbs

SECOND WEEK
WEDNESDAY

MENU

QUANTITIES TO
SERVE 100

SUPPER (cont'd)

Dessert - Apricots
Tea

3 #10 cans
 $\frac{1}{2}$ lbs.

TOTAL COMPONENTS REQUIRED FOR DAY

Oranges	100 ea.
Oats, Rolled	9 25 lbs.
Ham	20 lbs.
Potatoes	45 lbs.
Bread	23 lbs.
Butter	2 $\frac{1}{2}$ lbs
Coffee	4 lbs
Sugar	4 $\frac{1}{2}$ lbs
Milk, Fresh	$\frac{1}{2}$ Pts. 100. or 6 $\frac{1}{4}$ gals.
Milk, Evap.	5 cans
Beef	35 lbs
Onions	11 lbs
Chili Powder	6 oz.
Salt	7 oz.
Beets	15 lbs.
Jam #2	10 jars
Tea	1 lb
Miso	4 lbs.
Soup Bones	8 lbs.
Cabbage	5 lbs.
Hamburger	35 lbs.
Pepper, Black	1 oz.
Rice	50 lbs.
Chinese Cabbage	20 lbs.
Appricots #10	3 cans

SECOND WEEK

THURSDAY

MENU	QUANTITIES TO Serve 100
<u>BREAKFAST</u>	
Apples	100 ea.
Corn Flakes	8 10-oz. pkgs.
Eggs, boiled	100 ea.
Bread, toast	12 lbs.
Coffee	4 lbs.
Milk, Fresh	$\frac{1}{2}$ pt. 100 or $6\frac{1}{4}$ gals.
Milk, Evap.	5 cans
Sugar	$4\frac{1}{2}$ lbs.
Butter	$2\frac{1}{2}$ lbs.
Jam	1 #10 Can
<u>DINNER</u>	
Pot Roast of Beef with Brown Gravy	
Beef	35 lbs.
Vegetable	
Mashed Potatoes	25 lbs.
Baked Carrots	15 lbs.
Dessert - Fruit Gelatin	4 26-Oz pkgs.
Bread	12 lbs.
Tea	$\frac{1}{2}$ lb.
<u>SUPPER</u>	
Fish	35 lbs.
Soy Sauce	2 qts.
Sliced Lemon	1 doz.
Vegetable - Boiled Cauliflower	20 heads
Rice	25 lbs.
Salad	
Lettuce	15 heads
French Dressing	2 qts.
Tea	$\frac{1}{2}$ lb.

SECOND WEEK

THURSDAY

MENU

QUANTITIES TO
Serve 100TOTAL COMPONENTS REQUIRED FOR DAY

Apples	100	ea.
Corn Flakes	8	10-oz. pkgs.
Eggs	100	ea.
Bread	24	lbs.
Coffee	4	lbs.
Milk, Fresh	1/2 pt.	100 or 6 1/4 gals.
Milk, Evap.	5	cans
Sugar	4 1/2	lbs.
Butter	2 1/2	lbs.
Beef	35	lbs.
Potatoes	25	lbs.
Gelatine, fruit	4	26-oz. pkgs.
Fish	35	lbs.
Soy Sauce	2	qts.
Lemon	1	doz.
Rice	25	lbs.
Cauliflower	20	heads
Lettuce	15	heads
French Dressing	2	qts.
Tea	1	lb.
Carrots	15	lbs.
Jam #10 Can	1	can

SECOND WEEK

FRIDAY

MENU

QUANTITIES TO
Serve 100

BREAKFAST

Stewed Prunes	7 lbs
Rice Krispies	16 pkgs.
Sausage, linked	12 lbs.
Hashed Brown Potatoes	20 lbs.
Bread, toast	12 lbs.
Coffee	4 lbs.
Sugar	4½ lbs.
Milk, fresh	½ pt. 100 or 6¼ gals
Milk, Evap.	5 cans
Butter	2½ lbs.
Jam #10 Can	1 can

DINNER

Veal Fricasso Dumpling	
Veal	35 lbs.
Milk, Evap. - 14½ oz can	6 cans.
Butter	1 lb.
Flour	1½ lbs.
Dumpling	
Flour	10 lbs.
Lard	1 lb.
Baking Powder	3 oz.
Salt	3 oz.
Milk or water to make a soft dough	
Vegetable	
Mashed Potatoes	25 lbs.
Stewed Corn	3 #10 cans
Dessort (Prune Pudding)	
Flour	10 lbs.
Baking Powder	6 oz.
Salt	2 oz.
Beef Fat	5 lbs.
Fruits, dried	5 lbs.
Cloves	½ oz.
Cinnamon	2 oz.
Sugar	4 lbs.
Tea	½ lb.
Ice Water	

SUPPER

Egg Foo Yung	
Eggs	100 ea.
Pork	10 lbs.
Green Peppers	5 lbs.
Onions	10 lbs.
Corn Starch	4 oz.
Soy Sauce	2 qts.

SECOND WEEK

FRIDAY

MENU

QUANTITIES TO Serve 100

SUPPER (cont'd)

Salad - Sliced Tomatoes	15 lbs.
Vegetable - Baked Eggplant	30 lbs.
Rice	25 lbs.
Tea	$\frac{1}{2}$ lb.
Ice Water	

TOTAL COMPONENTS REQUIRED FOR DAY

Prunes, dried	7 lbs.
Rice Krispies	16 pkgs.
Sausage	12 lbs.
Potatoes	45 lbs.
Bread	12 lbs.
Coffee	4 lbs.
Sugar	8 $\frac{1}{2}$ lbs.
Milk, fresh	6 $\frac{1}{4}$ gals
Milk, Evap.	11 cans
Butter	3 $\frac{1}{2}$ lbs
Veal	35 lbs.
Flour	21 $\frac{1}{2}$ lbs.
Corn #10	3 cans
Baking Powder	9 oz.
Salt	5 oz.
Beef Fat	5 lbs.
Fruits, dried	5 lbs.
Cloves	$\frac{1}{2}$ oz.
Cinnamon	2 oz.
Tea	1 lb.
Eggs	100 ea.
Pork	10 lbs.
Pepper, green	5 lbs.
Onions	10 lbs.
Corn Starch	4 oz.
Soy Sauce	2 qts.
Tomatoes	15 lbs.
Rice	25 lbs.
Eggplant	30 lbs.
Lard	1 lb.
Jam #2	5 jars

SECOND WEEK

SATURDAY

MENU

QUANTITIES TO
Serve 100

BREAKFAST

Grapfruit, $\frac{1}{2}$ cut	50 ea.
Corn Meal Mush	5 lbs.
Hot Cake	
Flour	12 lbs.
Sugar	3 lbs.
Salt	4 oz.
Baking Powder	12 oz.
Eggs	8 doz.
Shortening	$\frac{1}{2}$ lb.
Milk, Evap. - $14\frac{1}{2}$ oz. can	4 cans
Syrup	5 qts.
Coffee	4 lbs.
Sugar	$4\frac{1}{2}$ lbs.
Milk, Fresh	1/2 pt. 100 or $6\frac{1}{4}$ gals.
Milk, Evap.	5 cans
Butter	$2\frac{1}{2}$ lbs.
Jam	5 #2 jars

DINNER

Roast Pork with Dressing	
Pork	35 lbs.
Salad (combination Salad)	
Cucumber	10 lbs.
Lettuce	10 heads
Tomatoes	5 lbs.
Green Peppers	6 lbs.
Celery	10 lbs.
French Dressing	2 qts.
Rice	25 lbs.
Dessert - Apple Sauce #10 Can	3 cans
Tea	$\frac{1}{2}$ lb.

SUPPER

Assorted Cold Meat & Potato Salad	
Minced Ham	20 lbs.
Sliced Cheese	10 lbs.
Potatoes	20 lbs.
Onions	2 lbs.
Eggs	1 doz.
Mayonnaise	2 qts.
Vegetable - Canned Tomatoes	4 #10 cans

SECOND WEEK

SATURDAY

MENU

QUANTITIES TO Serve 100

SUPPER (cont'd)

Dessert (Spice Cake)

Lard	3 lbs.
Sugar	7 lbs.
Eggs	26 each
Milk, Evap. - 14½ oz. can	2 cans
Flour	6 lbs.
Baking Powder	4 oz.
Salt	1 oz.
Cinnamon	2 oz.
Cloves	1 oz.
Allspice	1 oz.
Nutmeg	1 oz.
Fruits	4 #10 cans
Bread	12 lbs.
Milk, Fresh	4 gals.
Jam	5 #2 jars.
Tea	½ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Grapefruit	50 ea.	Tomatoes	5 lbs.
Corn Meal Mush	5 lbs.	Green Peppers	6 lbs.
Flour	18 lbs.	Colory	10 lbs.
Sugar	14½ lbs.	French Dressing	2 qts.
Salt	5 oz.	Rice	25 lbs.
Baking Powder	16 oz.	Applesauce #10 cans	3 cans
Eggs	74 ea.	Tea	1 lb.
Shortening (Lard)	7½ lbs.	Minced Ham	20 lbs.
Milk, Fresh	6½ gals	Cheese	10 lbs.
Syrup	5 qts.	Canned Tomatoes #10	4 cans
Coffee	4 lbs.	Fruits #10	4 cans
Milk, Evap.	11 cans	Bread	12 lbs.
Butter	2½ lbs.	Onions	2 lbs.
Jam #2	10 jars	Mayonnaise	2 qts.
Pork	35 lbs.	Cinnamon	2 oz.
Cloves	1 oz.	Allspice	1 oz.
Cucumbers	10 lbs.	Nutmeg	1 oz.
Lettuce	10 heads	Lard	3 lbs.

SECOND WEEK

SUNDAY

MENU

QUANTITIES TO
SERVE 100

BREAKFAST

Apples	100 ea.
Eggs, fried	100 ea.
Bread, toast	12 lbs.
Butter	2½ lbs.
Jam	5 #2 jars
Coffee	4 lbs.
Sugar	4½ lbs.
Milk, fresh	½ Pts. 100 or 6¼ gals
Milk, Evap.	5 cans

DINNER

Vegetable Soup	6 gals
Soup Stock	15 lbs
Beef Bone	5 lbs
Carrots	4 lbs
Onions	4 lbs
Celery	2 #2½ cans
Tomatoes	1 bch.
Parsley	
Chili Beans	12 lbs.
Beans	3 lbs.
Onions	1
Garlic	4 lbs.
Hamburger	¼ lb.
Chili Powder	3 oz.
Salt	1 oz.
Pepper	25 lbs.
Vegetable - Rice	
Salad (Cole Slaw)	25 lbs.
Cabbage	2 qts.
Salad Oil	1 pt.
Vinegar	2 oz.
Salt	1 oz.
White Pepper	½ lb.
Ice, Tea	
Ice, Water	

SECOND WEEK

SUNDAY

MENU	QUANTITIES TO SERVE 100
<u>SUPPER</u>	
Lamb Stew Curry with Rice	35lbs
Lamb	10lbs
Potatoes	10lbs
Carrots	10lbs
Onions	10lbs
Curry Powder	4 oz.
Vegetable	
Cold Tomato	4 ¹ / ₂ 10 can
Rice	25 lbs.
Dessert - Cookies	300 ea.
Tea	¹ / ₂ lb.
Ice Water	

TOTAL COMPONENTS REQUIRED FOR DAY

Apples	100 ea.	Parsley	1 bch
Eggs	100 ea.	Beans, Kidney	12 lbs
Potatoes	10 lbs.	Garlic	1
Bread	12 lbs.	Hamburger	4 lbs
Butter	2 ¹ / ₂ lbs	Chili Powder	¹ / ₂ lb
Jam #2	5 jars	Salt	5 oz.
Coffee	4 lbs	Pepper, Black	1 oz.
Sugar	4 ¹ / ₂ lbs	Rice	50 lbs
Milk, Fresh ¹ / ₂ Pts. 100 or 6 ¹ / ₄ gals.		Cabbage	25 lbs
Milk, Evap	5 cans	Salad Oil	2 qts.
Vinegar	1 pt.	Soup Bone	15 lbs
Carrots	15 lbs	Pepper, White	1 oz.
Onions	19 lbs	Lamb	35 lbs
Celery	4 lbs	Curry Powder	4 oz.
Tomato #2 ¹ / ₂	2 cans	Tomato #10	4 cans
Tea	1 lb	Cookies	300 ea.

THIRD WEEK

MONDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Sliced Bananas, $\frac{1}{2}$ cut	15 lbs
Corn Flakes	8 10oz. pkgs.
Bacon, fried	15 lbs
Potatoes, fried	20 lbs
Bread, toast	12 lbs
Butter	2 $\frac{1}{2}$ lbs
Coffee	4 lbs
Sugar	4 $\frac{1}{2}$ lbs
Milk, Fresh	6 $\frac{1}{4}$ gals
Milk, Evap.	5 cans
Jam	5 #2 jars

100 $\frac{1}{2}$ pts. or

DINNER

Beef Stew	
Beef	35 lbs
Carrots	10 lbs
Potatoes	15 lbs
Onions	10 lbs
Celery	6 lbs
Green Peppers	5 lbs
Tomatoes	3 #2 $\frac{1}{2}$ cans
Salad (Lettuce & Cucumber)	
Lettuce	10 heads
Cucumber	10 lbs
Mayonnaise	2 qts.
Rice	25 lbs
Tea	$\frac{1}{2}$ lb.

SUPPER

Vegetable Soup	
Soup Stock	6 gals
Soup Bone	15 lbs
Onions	4 lbs
Carrots	4 lbs
Macaroni	2 lbs
Tomatoes	2 #2 $\frac{1}{2}$ cans
Celery	1 $\frac{1}{2}$ lbs
Meat Balls with Brown Gravy	
Hamburger	30 lbs
Vegetable - Potatoes, mashed	25 lbs

THIRD WEEK

MONDAY

MENU

QUANTITIES TO
Serve 100SUPPER (cont'd)

Dessert (Peaches Stewed)

Peaches, dried	7 lbs
Sugar	3 lbs
Salt	1½ oz.
Lemons	3 ea.
Bread	12 lbs
Tea	1½ lbs

TOTAL COMPONENTS REQUIRED FOR DAY

Bananas	15 lbs	Lettuce	10 heads
Corn Flakes 10 oz.	8 pkgs.	Cucumbers	10 lbs
Bacon	15 lbs	Mayonnaise	2 qts
Potatoes	60 lbs	Rice	25 lbs
Bread	24 lbs	Tea	1 lb
Butter	2½ lbs	Beef Bones	15 lbs
Coffee	4 lbs	Macaroni	2 lbs
Sugar	7½ lbs	Hamburger	30 lbs
Milk, Fresh	6½ gals	Peaches, dried	7 lbs
Milk, Evap.	5 cans	Salt	1½ oz.
Beef	35 lbs	Jam #2	5 jars
Carrots	14 lbs	Onions	14 lbs
Celery	7½ lbs	Green Peppers	5 lbs
Tomatoes #2½	5 cans	Lemons	3 ea.

THIRD WEEK

TUESDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Apples		100 ea.
Cream of Wheat		7 lbs
Eggs, fried		100 ea.
Bread, toast		12 lbs
Butter		2 $\frac{1}{2}$ lbs
Milk, Fresh	$\frac{1}{2}$ pts. 100 or	6 $\frac{1}{2}$ gal.
Coffee		4 lbs
Sugar		4 $\frac{1}{2}$ lbs
Jam		5 #2 jars
Milk, Evap.		5 cans

DINNER

Creamed Beef Tongue on Toast		
Beef Tongue		25 lbs
Milk, evaporated	14 $\frac{1}{2}$ oz. cans	8 cans
Butter		1 lb
Flour		1 $\frac{1}{2}$ lbs
Bread		12 lbs
Vegetables		
Potato a la King		20 lbs
Buttered Beets		15 lbs
Salad (Gelatin Salad)		
Gelatin		4 26oz. pkgs.
Green Peppers		5 lbs
Celery		5 lbs
Green Onions		2 lbs
Bread		12 lbs
Tea		$\frac{1}{2}$ lb.

SUPPER

Japanese Noodles		15 lbs
Stock		6 gals
Soup Bones		15 lbs
Pork		10 lbs
Celery		5 lbs
Onions		5 lbs
Rice		25 lbs
Dessert (Hot Biscuit with Fruit Sauce)		
Fruit		3 #10 cans
Flour		16 lbs
Salt		2 oz.
Baking Powder		12 oz.
Shortening		4 lbs

THIRD WEEK

TUESDAY

MENU

QUANTITIES TO
Serve 100SUPPER (cont'd)

Hot Biscuit (cont'd)

Sugar

1 lbs

Milk

6 qts

Tea

 $\frac{1}{2}$ lbsTOTAL COMPONENTS REQUIRED FOR DAY

Apples	100 ea.
Cream of Wheat	7 lbs
Eggs	100 ea.
Butter	3 $\frac{1}{2}$ lbs
Milk, Fresh	73/4 gals
Coffee	4 lbs
Sugar	5 $\frac{1}{2}$ lbs
Jam #2	5 jars
Milk, Evap.	13 cans
Beef Tongue	25 lbs
Flour	17 $\frac{1}{4}$ lbs
Bread	36 lbs
Salt	2 oz.
Baking Powder	12 oz.
Shortening	4 lbs
Potatoes	20 lbs
Beef	15 lbs
Gelatin 26oz.	4 pkgs.
Pepper, Green	5 lbs
Celery	10 lbs
Onions Green	2 bchs.
Tea	1 lb.
Noodles, Japanese	15 lbs
Pork	10 lbs
Onions	5 lbs
Rice	25 lbs
Beef Bones	15 lbs
Fruits #10	3 cans

THIRD WEEK

WEDNESDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Oranges	100 ea.
Rice Krispies	10 pkgs.
Ham, fried	20 lbs
Hashed Brown Potatoes	20 lbs
Bread, toast	12 lbs
Butter	2 $\frac{1}{2}$ lbs
Milk, Fresh	$\frac{1}{2}$ pts. 100
Sugar	4 $\frac{1}{2}$ lbs
Coffee	4 lbs
Milk, Evap.	5 cans

DINNER

Pork Spare Rib (Oriental Style)	
Spare Rib	35 lbs
Onions	12 lbs
Green Peppers	5 lbs
Celery	8 lbs
Pineapple	4 #2 $\frac{1}{2}$ cans
Salad - Sliced Tomatoes	15 lbs
Vegetable - Baked Carrots	15 lbs
Rice	25 lbs
Tea	$\frac{1}{2}$ lb.

SUPPER

Hamburger Balls	
Hamburger	35 lbs
Catsup	1 #10 cans
Vegetables	
Mayonnaise Potatoes	25 lbs
Buttered Carrots	15 lbs
Dessert	
Fruit Gelatin	4 26oz. pkgs.
Bread	12 lbs
Jam	1 #10 can
Tea	$\frac{1}{2}$ lb.

THIRD WEEK

WEDNESDAY

TOTAL COMPONENTS REQUIRED FOR DAY

Oranges	100ca.
Rice Krispies 10 oz. pkgs.	10 pkgs.
Ham	20 lbs
Potatoes	45 lbs
Bread	24 lbs
Butter	2 $\frac{1}{2}$ lbs
Milk, Fresh	$\frac{1}{2}$ pts. 100
Sugar	4 $\frac{1}{2}$ lbs
Coffee	4 lbs
Milk, Evap.	5 cans
Jam	1 # 10 can
Spare Ribs	35 lbs
Onions	12 lbs
Peppers Green	5 lbs
Celery	8 lbs
Pineapple #2 $\frac{1}{2}$	4 cans
Tomatoes	15 lbs
Rice	25 lbs
Carrots	15 lbs
Tea	1 lb.
Hamburger	35 lbs
Catsup #10	1 can
Beets	15 lbs
Gelatin Fruit 26 oz.	4 pkgs.

THIRD WEEK

THURSDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Stewed Peaches	8 lbs
Cracked Hominy	4 lbs
Eggs, scrambled	100 ea.
Hot Biscuits	100 ea.
Flour	16 lbs
Salt	2 oz.
Baking Powder	12 oz.
Shortening - Lard	4 lbs
Sugar	1 lb.
Milk, Evaporated	9 14 $\frac{1}{2}$ oz. cans
Butter	2 $\frac{1}{2}$ lbs
Milk, Fresh	$\frac{1}{2}$ pts. 100 or 6 $\frac{1}{4}$ gals.
Coffee	4 lbs
Sugar	4 $\frac{1}{2}$ lbs
Jam	1 #10 can

DINNER

Beef Spanish	
Beef	35 lbs
Tomatoes	4 #2 $\frac{1}{2}$ cans
Onions	10 lbs
Bacon	2 lbs
Vegetables	
Mashed Potatoes	20 lbs
Buttered Cauliflower	15 heads
Dessert (Peach Cobbler)	
Peach	3 #7 cans
Sugar	5 lbs
Cinnamon	2 oz.
Nutmeg	2 oz.
Lemons	3
Flour	14 lbs
Baking Powder	8 oz.
Lard	3 lbs
Sugar	2 $\frac{1}{2}$ lbs
Salt	2 oz.
Milk, Evaporated	2 14 $\frac{1}{2}$ oz. cans
Bread	12 lbs
Tea	$\frac{1}{2}$ lb.

THIRD WEEK

THURSDAY

MENU

QUANTITIES TO
Serve 100

SUPPER

Colery Chowder	
Boof Stock	6 gals
Colery	6 stalks
Bacon	2 lbs
Onions	3 lbs
Potatoes	6 lbs
Flour	1½ lbs
Salt & Pepper to taste	
Fish	35 lbs
Soy Sauce	2 qts
Salad - Lettuce	10 heads
Vegetable - Green Peas	3 #10 cans
Rice	25 lbs
Tea	½ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Peaches, dried	8 lbs	Cinnamon	2 oz.
Cracked Hominy	4 lbs	Nutmog	2 oz.
Eggs	100 ea.	Lemons	3
Butter	2½ lbs	Flour	31½ lbs
Milk, Fresh	100 ½ pts. or 6½ gals	Baking Powder	1¼ lbs
Coffee	4 lbs	Lard	7 lbs
Sugar	13 lbs	Salt	4 oz.
Jam	#10 can 1	Bread	12 lbs
Milk, Evap.	14½ oz.	Tea	1 lb.
Boof	35 lbs	Colery	6 stalks
Tomatoes #2½	4 cans	Fish	35 lbs
Onions	13 lbs	Soy Sauce	2 qts
Bacon	4 lbs	Lettuce	10 heads
Potatoes	26 lbs	Rice	25 lbs
Cauliflower	15 heads	Green Peas #10	3 cans
Peaches #10	3 cans	Boof Bones	5½ lbs

THIRD WEEK

FRIDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Grapefruits, $\frac{1}{2}$ cut
Oat Meal
Country Sausage
Bread, toast
Coffee
Milk, Fresh
Sugar
Butter
Jelly
Milk, Evap.

50 ea.
9 ~~lb~~ lbs.
30 lbs.
12 lbs.
4 lbs.
100 $\frac{1}{2}$ pts.
 $4\frac{1}{2}$ lbs.
 $2\frac{1}{2}$ lbs.
1 #10 can
5 cans

DINNER

Chili Con Carne
Beans
Meat Scrap
Chili Pepper, dry
Garlic
Chili Powder
Tomatoes
Beef Stock
Salt & Pepper to taste
Salad - Cucumbers
Vegetables - Boiled Potatoes
Bread
Jelly
Tea

10 lbs.
20 lbs.
5 oz.
1
2 oz.
1 #10 can
2 gals.
15 lbs.
25 lbs.
12 lbs.
1 #10 can
 $\frac{1}{2}$ lb.

SUPPER

Sukiyaki
Beef
Onions
Celery
Cabbage
Green Peppers
Soy Sauce
Vegetables - Japanese Pickles
(Use Chinese Cabbage)
Rice
Dessert - Apricots
Tea

25 lbs.
10 lbs.
8 lbs.
20 lbs.
5 lbs.
2 qts.
20 lbs.
25 lbs.
3 #10 cans
 $\frac{1}{2}$ lb.

THIRD WEEK

FRIDAY

TOTAL COMPONENTS REQUIRED FOR DAY

Grapefruits	50 ea.
Oat Meal	9 5 lbs.
Country Sausage	30 lbs.
Bread	24 lbs.
Coffee	4 lbs.
Milk, Fresh	100 $\frac{1}{2}$ pts.
Sugar	4 $\frac{1}{2}$ lbs.
Butter	2 $\frac{1}{2}$ lbs.
Jelly	2 #10 cans
Milk, Evap.	5 cans
Beans	10 lbs.
Meat Scraps	20 lbs.
Chili Pepper, dry	5 oz.
Garlic	1
Chili Powder	2 oz.
Tomatoes	1 #10 can
Cucumbers	15 lbs.
Potatoes	35 lbs.
Beef Bones	3 lbs.
Tea	1 lb.
Beef	25 lbs.
Onions - dry	10 lbs.
Celery	8 lbs.
Cabbage	20 lbs.
Peppers Green	5 lbs.
Soy Sauce	2 qts.
Rice	25 lbs.
Chinese Cabbage	20 lbs.
Apricots #10	3 cans

THIRD WEEK

SATURDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Applesauce	3 #10 cans
Cream of Wheat	8 lbs
Hot Cakes	
Flour	12 lbs
Sugar	3 lbs
Salt	4 oz.
Baking Powder	12 oz.
Eggs	3 doz.
Shortening (Lard)	1 lb
Butter	2½ lbs
Syrup	1 #10 cans
Coffee	4 lbs
Sugar	4½ lbs
Milk, Evap.	9 cans
Milk, Fresh	100 ½ pts.

DINNER

Roast Pork (Dressing of Applesauce)	
Pork	35 lbs
Applesauce	1 #10 can
Bread, scraps	
Sage	2 oz.
Salt & Pepper; to taste	
Salad (Combination Vegetables)	
Lettuce	8 heads
Cucumbers	6 lbs
Tomatoes	6 lbs
Green Peppers	4 lbs
Green Peas	3 #2½ cans
French Dressing	3 qts
Salt & Pepper to taste	
Vegotable - Mashed Potatoes	20 lbs
Rice	25 lbs
Dessort (Cake)	
Butter	2 lbs
Sugar	4 lbs
Flour	6 lbs
Baking Powder	2 Tbsps.
Eggs	16 ea
Salt	1 oz.
Tea	½ lb.

THIRD WEEK

SATURDAY

MENU

QUANTITIES TO
Serve 100SUPPER

Vegetable Soup	
Soup Stock	6 gals
Bones	15 lbs
Carrots	6 lbs
Onions	5 lbs
Celery	5 lbs
Potatoes	6 lbs
Cold Meat - Potato Salad	
Bologna	20 lbs
Cheese	8 lbs
Potatoes	20 lbs
Mayonnaise Dressing	2 qts
Vegetable - Canned Tomatoes	4 #10 cans
Bread	12 lbs
Jelly	1 #10 can
Tea	$\frac{1}{2}$ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Applesauce #10	3 3/4 cans	Cucumbers	6 lbs
Cream of Wheat	8 lbs	Tomatoes	6 lbs
Flour	18 lbs	Green Peppers	4 lbs
Sugar	11 1/2 lbs	Green Peas #2 1/2	3 cans
Salt	5 oz.	French Dressing	3 qts
Baking Powder	12 oz & 2 Tbsps	Rice	25 lbs
Eggs	4 1/3 Doz.	Potatoes	48 lbs
Shortening	1 lb.		
Milk, Fresh	100 1/2 pts	Tea	1 lb
Butter	4 1/2 lbs	Beef Bone	15 lbs
Syrup #10	1 can	Carrots	6 lbs
Jelly	can #10 1 jars	Onions	5 lbs
Coffee	4 lbs	Celery	5 lbs
Milk, Evap.	9 cans	Bologna	20 lbs
Pork	35 lbs	Cheese	8 lbs
Sage	2 oz.	Mayonnaise Dressing	2 qts
Lettuce	8 heads	Canned Tomato #10	4 cans
		Bread	12 lbs

THIRD WEEK

SUNDAY

MENU

QUANTITIES TO
Serve 100

BREAKFAST

Applesauce	3 #10 cans
Oat Meal	7 lbs.
Eggs, fried	100 ea.
Bread, toast	12 lbs.
Butter	2½ lbs.
Coffee	4 lbs.
Jam #2 jars	5 jars
Sugar	4½ lbs.
Milk Evap.	5 cans
Milk, Fresh	½ pt. 100 or 6¼ gals

DINNER

Macaroni & Cheese	
Macaroni	15 lbs.
Cheese	7 lbs.
Milk, evap. #10 can	1 can
Salad (Carrots & Raisins)	
Carrots	10 lbs.
Raisins	3 lbs.
Vinegar	1 pt.
Vegetable	
Baked Squash	15 lbs.
Boiled Potatoes	20 lbs.
Dessert (Chocolate Pudding)	
Milk, Evap. 14½ oz. can	6 cans
Chocolate	27 oz.
Flour	2 lbs.
Salt	2 oz.
Eggs	2 doz.
Butter	12 oz.
Vanilla, Extract	2 Tbsps.
Sugar	8 lbs.
Bread	12 lbs.
Jam	5 #2 jars
Tea	½ lb.

SUPPER

Soup (Split Pea)	
Pea, dry	9 lbs.
Bacon or Ham	3 lbs.
Beef Stock	6 gals.

THIRD WEEK

SUNDAY

MENU

QUANTITIES TO
Serve 100

SUPPER (cont'd)

Chop Suoy

Pork	25 lbs.
Cabbage	20 lbs.
Onions	10 lbs.
Celery	10 lbs.
Green Peppers	10 lbs.
Tomatoes	10 lbs.
Soy Sauce	2 qts.

Vegetable -

Japanese Pickles (Use Chinese Cabbage)	20 lbs.
Soy Sauce	2 qts.

Rice	25 lbs.
Tea	$\frac{1}{2}$ lb.

For St.

TOTAL COMPONENTS REQUIRED FOR DAY

Applesauce #10	3 cans	Flour	2 lbs.
Oat Meal	7 lbs.	Salt	2 oz.
Eggs	136 ea.	Pea, dry	9 lbs.
Bread	24 lbs.	Bacon or Ham	3 lbs.
Butter	$3\frac{1}{4}$ lbs.	Beef Bones	8 lbs.
Coffee	4 lbs.	Extract, Vanilla	2 Tbsps.
Jam #2	10 jars	Tea	1 lb.
Sugar	$12\frac{1}{2}$ lbs.	Pork	25 lbs.
Macaroni	15 lbs.	Cabbage	20 lbs.
Cheese	7 lbs.	Onions	10 lbs.
Milk, Evap. #10 can	2 cans	Celery	10 lbs.
Carrots	10 lbs.	Peppers, Green	10 lbs.
Raisins	3 lbs.	Tomatoes	10 lbs.
Vinegar	1 pt.	Soy Sauce	4 qts.
Squash	15 lbs.	Rice	25 lbs.
Potatoes	20 lbs.	Chinese Cabbage	20 lbs.
Milk, fresh	$6\frac{1}{4}$ gals	Chocolate	27 oz.

FOURTH WEEK

MONDAY

MENU

QUANTITIES TO

Serve 100

BREAKFAST

Apples	100 ea.
Corn Flakes, 10 oz. pkgs.	10 pkgs.
Eggs, Boiled	100 ea.
Hot Biscuit	
Flour	16 lbs.
Salt	2 oz.
Baking Powder	12 oz.
Shortening - Lard	4 lbs.
Sugar	1 lb.
Butter	2½ lbs.
Jelly	1 #10 can
Milk	100 ½ pts.
Coffee	4 lbs.
Milk, Evap.	10 cans
Sugar	4 lbs.

DINNER

Frankfurters & Cabbage	
Frankfurters	20 lbs.
Cabbage	40 lbs.
Vegetables - Boiled Potatoes	25 lbs.
Tomato Catsup	1 #10 can
Rice	20 lbs.
Dessert (Fruit Tapioca)	
Tapioca	4 lbs.
Water	4 gals.
Sugar	7 lbs.
Fruit, #2½ can	4 cans
Eggs	18
Extract, Vanilla	1 oz.
Hot Tea	½ lb.

SUPPER

Beef, Spanish	
Beef	35 lbs.
Tomatoes	3 #2½ cans
Onions	8 lbs.
Bacon	2 lbs.
Rice	20 lbs.
Bread	12 lbs.
Salad (Pickled Beets)	
Beets	15 lbs.
Vinegar	1 qt.

FOURTH WEEK
MONDAY

MENU	QUANTITIES TO Serve 100
<u>SUPPER</u> (Cont'd)	
Salad (cont'd)	
Salad Oil	1 pt.
Sugar	5 oz.
Salt & Pepper	
Butter	2 $\frac{1}{2}$ lbs.
Jelly	1 #10 can
Hot Tea	$\frac{1}{2}$ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Apples	100 ea.	Tomato Catsup #10	1 can
Corn Flakes	10 pkgs.	Rice	40 lbs.
Eggs	118 ea.	Tapioca	4 lbs.
Flour	16 lbs.	Fruit Canned #2 $\frac{1}{2}$	4 cans
Salt	2 oz.	Extract, Vanilla	1 oz.
Baking Powder	12 oz.	Tea	1 lb.
Shortening- Lard Sub.	4 lbs.	Beef	35 lbs.
Sugar	8 lbs. 5 oz.	Tomato #2 $\frac{1}{2}$	3 cans
Milk	100 $\frac{1}{2}$ pts.	Onions, dry	8 lbs.
Butter	5 lbs.	Bacon	2 lbs.
Jelly	2 #10 cans	Bread	12 lbs.
Coffee	4 lbs.	Beets	15 lbs.
Frankfurters	20 lbs.	Vinegar	1 qt.
Cabbage	40 lbs.	Salad Oil	1 pt.
Potatoes	25 lbs.	Milk, Evap.	10 cans

FOURTH WEEK

TUESDAY

QUANTITIES TO
Serve 100

MENU

BREAKFAST

Stewed Figs	7 lbs.
Rice Krispies - 10 oz. pkgs.	10 pkgs.
Ham, Fried	20 lbs.
Hash, Brown Potatoes	
Potatoes	25 lbs.
Bread, Toast	12 lbs.
Butter	2½ lbs.
Jam	1 #10 can
Milk	100 ¾ pts.
Coffee	4 lbs.
Sugar	4 lbs.

DINNER

Roast Pork & Dressing with Apple Sauce	
Pork	35 lbs.
Scrap, bread	
Apple Sauce	1 #10 can
Vegetable - Mashed Potato	25 lbs.
Salad (Cole Slaw)	
Cabbage	20 lbs.
Vinegar	1 qt.
Salad Oil	1 pt.
Salt & Pepper to taste	
Bread	12 lbs.
Dessert - Gelatin - Fruit Flavored	4 26 oz. pkgs.
Hot Tea	½ lb.

SUPPER

Japanese Soup	
Beef Stock	6 gals.
Miso	4 lbs.
Onions	4 lbs.
Turnips	6 lbs.
Beef Sukiyaki	
Beef	20 lbs.
Cabbage	20 lbs.
Onions	10 lbs.
Green Peppers	6 lbs.
Celery	10 lbs.
Soy Sauce	2 qts.
Rice	20 lbs.
Dessert - Canned Peaches	3 #10 cans
Hot Tea	½ lb.

FOURTH WEEK

TUESDAY

TOTAL COMPONENTS REQUIRED FOR DAY

Stewed figs	7 lbs
Rice Krispies -10 oz pkgs	10 pkgs
Ham	20 lbs
Potatoes	50 lbs
Bread	24 lbs
Butter	2 $\frac{1}{2}$ lbs
Jam	1 $\frac{11}{16}$ 10 cans
Milk	100 $\frac{1}{2}$ pts
Coffee	4 lbs
Pork	35 lbs
Apple Sauce	1 $\frac{11}{16}$ 10 cans
Cabbage	20 lbs
Vinegar	1 qt
Salad Oil	1 pt
Gelatin - Fruit Flavored	4 26oz pkgs
Tea	1 lb
Beef Bones	8 lbs
Miso	4 lbs
Onions	10 lbs
Green Peppers	6 lbs
Celery	10 lbs
Soy Sauce	2 qts
Rice	20 lbs
Canned Peaches	3 $\frac{11}{16}$ 10 cans
Sugar	4-lbs
Milk - Evap.	14 $\frac{1}{2}$ oz. cans
	4 cans

FOURTH WEEK

WEDNESDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Grapefruit	50 ea
Cracked Wheat	7 lbs
Eggs, Fried	100 ea
Hot Corn Meal Bread	
Corn Meal	9 lbs
Milk -evap.	14 $\frac{1}{2}$ oz. cans 6
Flour	2 $\frac{1}{2}$ lbs
Baking Powder	3 oz
Salt	3 oz
Lard	1 lb
Eggs	1 doz
Coffee	4 lbs
Milk	100 $\frac{1}{2}$ pts
Butter	2 $\frac{1}{2}$ lbs
Jelly	1 #10 can

DINNER

Beef Stew, Vegetable	
Beef	35 lbs
Potatoes	15 lbs
Onions	10 lbs
Celery	10 lbs
Turnips	10 lbs
Carrots	10 lbs
Canned Tomatoes	4 #2 $\frac{1}{2}$ cans
Vegetable - Sliced Tomatoes	25 lbs
Rice	25 lbs
Dessert (Bread Custard)	
Eggs	2 doz
Milk -evap.	14 $\frac{1}{2}$ oz. cans 6
Sugar	4 lbs
Extract, Vanilla	4 oz
Bread	2 lbs
Hot Tea	$\frac{1}{2}$ lb

SUPPER

Cold Meat Dish	
Minced Ham	20 lbs
Sliced Cheese	5 lbs
Potato Salad	
Potatoes	20 lbs
Onions	2 lbs
Parsley	1 bch
Mayonnaise	2 qts
Vegetable (Country Style Canned Tomato)	
Tomato	12 #2 $\frac{1}{2}$ cans
Chopped Green Peopper	3 lbs

FOURTH WEEK

WEDNESDAY

MENU

QUANTITIES TO
SERVE 100SUPPER (Cont'd)

Vegetable (Country Style Canned Tomato) (Cont'd)	
Chopped Celery	3 lbs
Chopped Onions	3 lbs
Vinegar	1 pt
Salt & Pepper	
Dessert (Apple Pie)	
Apple	3 #10 cans
Sugar	4 lbs
Cinnamon	1 oz
Nutmeg	1 oz
Lemon Extract	1 Oz
Pie Dough	
Flour	6 lbs
Lard	4 lbs
Sugar	2 oz
Salt	1 oz
Milk evaporated	1 14 $\frac{1}{2}$ oz can
Bread	12 lbs
Hot tea	$\frac{1}{2}$ lb

TOTAL COMPONENTS REQUIRED FOR DAY

Grapefruit	50 ea.	Carrots	10 lbs.
Cracked Wheat	7 lbs	Tomatoes #2 $\frac{1}{2}$	16 cans
Eggs	136 ea.	Rice	25 lbs.
Corn Meal	9 lbs	Tomatoes	25 lbs.
Milk	100 $\frac{1}{2}$ pts	Sugar	8 $\frac{1}{2}$ lbs.
Flour	8 $\frac{1}{2}$ lbs	Extract, Vanilla	4 oz.
Baking Powder	3 oz	Bread	2 lbs.
Salt	4 Oz	Tea	1 lb.
Lard	5 lbs	Ham	20 lbs.
Coffee	4 lbs	Cheese	5 lbs.
Butter	5 lbs	Parsley	1 bch
Jelly	1 #10 can	Mayonnaise	2 qts.
Beef	35 lbs.	Green Peppers	3 lbs.
Potatoes	35 lbs.	Vinegar	1 pt.
Onions	15 lbs.	Apples #10	3 cans
Celery	13 lbs.	Bread	12 lbs.
Turnips	10 lbs.	Cinnamon	1 oz.
Nutmeg	1 oz.	Extract, Lemon	1 oz.
Milk evaporated	13 14 $\frac{1}{2}$ oz. cans		

FOURTH WEEK

THURSDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Stewed Prunes		7 lbs
Grapenuts		10 pkgs
Eggs, Scrambled		100 ea
Bread, Toast		12 lbs
Butter		2½ lbs
Jam		1 #10 can
Milk		100 ½ pts
Coffee		4 lbs
Milk - evap.	14½ oz cans	4 cans

DINNER

Veal Fricasse		
Veal		35 lbs
Milk - evap.	14½ oz cans	10 cans
Lard		3 lbs
Onions		2 lbs
Flour		1 lb
Salt & Pepper to taste		
Vegetables		
Mashed Potatoes		25 lbs
Peas		2 #10 cans
Dessert (Peach Cobbler)		
Peach		3 #10 cans
Sugar		5 lbs
Cinnamon		2 oz
Nutmeg		1 oz
Extract, Lemon		1 oz
Flour		6 lbs
Baking Powder		4 oz
Shortening - Lard		2 lbs
Sugar		1 lb
Eggs		10 ea
Salt		1 oz
Milk - evap.	14½ oz cans	1 can
Bread		12 lbs
Hot Tea		½ lb

SUPPER

Fish Chowder		
Beef Stock		6 gals
Fish dried		4 lbs
Bacon		2 lbs
Onions		3 lbs
Potatoes		8 lbs

FOURTH WEEK

THURSDAY

MENU

QUANTITIES TO
Serve 100SUPPER (cont'd)

Fish Chowder (cont'd)

Flour

1½ lbs.

Salt & Pepper

Chopped Parsley

1 bch

Fried Fish - fresh

35

Soy Sauce

2 qts.

Sliced Lemon

1 doz.

Vegetable - Japanese Pickle
(Use Cabbage)

20 lbs.

Rice

25 lbs.

Dessert - Canned pears

3 #10 cans

Hot tea

½ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Stewed Prunes	7 lbs.	Nutmeg	1 oz.
Grapenuts - 10 oz. pkg.	10 pkgs.	Extract Lemon	1 oz.
Eggs	110 ea.	Baking Powder	4 oz.
Bread	24 lbs.	Shortening- Lard	5 lbs.
Butter	2½ lbs.	Salt	1 oz.
Jam	1 #10 can	Tea	1 lb.
Milk	100 ½ pts.	Beef Bone	8 lbs.
Coffee	4 lbs.	Fish, dried	4 lbs.
Veal	35 lbs.	Bacon	2 lbs.
Onions	5 lbs.	Parsley	1 bch
Flour	8½ lbs.	Fish- Fresh	35 lbs.
Potatoes	33 lbs.	Soy Sauce	2 qts.
Peas #10 can	2 cans	Lemon	1 doz.
Peaches #10	3 cans	Rice	25 lbs.
Sugar	6 lbs.	Cabbage	20 lbs.
Cinnamon	2 oz.	Canned Pears #10	3 cans
		Milk, Evap.	15 14½ oz. cans

FOURTH WEEK

FRIDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Oranges	100 ea.
Cream of Wheat	8 lbs.
Bacon, fried	15 lbs.
Potatoes, fried	20 lbs.
Bread, toast	12 lbs.
Butter	2 $\frac{1}{2}$ lbs.
Milk	100 $\frac{1}{2}$ pts.
Coffee	4 lbs.
Jelly	1 #10 can
Sugar	4 lbs.

DINNER

Braised Beef	
Beef	35 lbs.
Onions	5 lbs.
Garlic	1 clove
Vegetables	
Brown Potatoes	20 lbs.
Stewed Turnips	20 lbs.
Rice	20 lbs.
Salad	
Cabbage	10 lbs.
Carrots	5 lbs.
Onions	3 lbs.
Celery	7 lbs.
Mayonnaise	2 qts.
Hot tea	$\frac{1}{2}$ lb.

SUPPER

Pork Chop Suey	
Pork	20 lbs.
Cabbage	20 lbs.
Onions	10 lbs.
Celery	5 lbs.
Green Peppers	5 lbs.
Soy Sauce	2 qts.
Vegetable - Pickled Cabbage	20 lbs.
Rice	20 lbs.
Dessert - Apricot Dried	8 lbs.
Hot tea	$\frac{1}{2}$ lb.
Sugar	3 lb.

FOURTH WEEK

FRIDAY

MENU

QUANTITIES TO
Serve 100

TOTAL COMPONENTS REQUIRED FOR DAY

Oranges	100 ea.
Cream of Wheat	8 lbs.
Bacon	15 lbs.
Potatoes	40 lbs.
Bread	12 lbs.
Butter	2 $\frac{1}{2}$ lbs.
Milk	100 $\frac{1}{2}$ pts.
Coffee	4 lbs.
Jelly	1 #10 can
Beef	35 lbs.
Onions	18 lbs.
Garlic	1 clove
Turnips	20 lbs.
Rice	40 lbs.
Cabbage	50 lbs.
Carrots	10 lbs.
Celery	12 lbs.
Mayonnaise	2 qts.
Tea	1 lb.
Pork	20 lbs.
Green Peppers	5 lbs.
Soy Sauce	2 qts.
Apricot, dried	8 lbs.
Sugar	7 lbs.

FOURTH WEEK

SATURDAY

MENU

QUANTITIES TO
Serve 100BREAKFAST

Prunes	7 lbs.
Wheaties - 10 oz. pkgs.	10 pkgs.
Hot Cake	
Flour	12 lbs.
Sugar	3 lbs.
Salt	4 oz.
Baking Powder	12 oz.
Eggs	3 doz.
Shortening - Lard	1 lb.
Milk, Evaporated	3 $14\frac{1}{2}$ oz. cans
Syrup	1 #10 can
Coffee	4 lbs.
Milk	100 $\frac{1}{2}$ pts.
Butter	2 $\frac{1}{2}$ lbs.

DINNER

Roast Pork & Brown Gravy	
Pork	35 lbs.
Applesauce	1 #10 can
Vegetables	
Mashed Potatoes	25 lbs.
Creamed Cauliflower	20 hds.
Rice	
Salad	
Lettuce	15 hds.
Apples	24 ea.
Mayonnaise	2 qts.
Dessert (Chocolate Cake)	
Lard	2 lbs.
Sugar	4 lbs.
Flour	6 lbs.
Eggs	1 doz.
Chocolate	12 oz.
Extract, Vanilla	2 oz.
Milk, Evaporated	3 $14\frac{1}{2}$ oz. cans
Hot Tea	$\frac{1}{2}$ lb.

SUPPER

Cold Meat	
Minced Ham	15 lbs.
New England Sausage	10 lbs.
Potato Salad	
Potatoes	20 lbs.
Onions	2 lbs.
Mayonnaise	2 qts.

FOURTH WEEK

SATURDAY

MENU

QUANTITIES TO

Serve 100

SUPPER (cont'd)

Dessert - Sliced Peaches
Bread
Hot Tea

3 #10 cans
12 lbs.
 $\frac{1}{2}$ lb.

TOTAL COMPONENTS REQUIRED FOR DAY

Prunes- dried	7 lbs.
Wheaties - 10 oz. pkgs.	10 pkgs.
Flour	18 lbs.
Salt	1 lb.
Baking Powder	12 oz.
Eggs	4 doz.
Shortening - Lard	3 lbs.
Milk	14 $\frac{1}{2}$ gal.
Syrup	1 #10 can
Coffee	4 lbs.
Butter	2 $\frac{1}{2}$ lbs.
Pork	35 lbs.
Applesauce	1 #10 can
Potatoes	45 lbs.
Rice	25 lbs.
Cauliflower	20 heads
Lettuce	15 heads
Apples	24 ea.
Mayonnaise	4 qts.
Chocolate	12 oz.
Extract, Vanilla	2 oz.
Tea	1 lb.
Ham	15 lbs.
Sausage, New England	10 lbs.
Onions	2 lbs.
Peaches	3 #10 cans
Bread	12 lbs.
Sugar	7 lbs.

FOURTH WEEK

SUNDAY

MENU

BREAKFAST

Stewed Peaches
 Rolled Oats
 Eggs, fried
 Potatoes, fried
 Bread, toast
 Butter
 Milk
 Jelly
 Coffee
 Milk Evaporated
 Sugar

QUANTITIES TO
Serve 100

8 lbs.
 7 lbs.
 100 ea.
 20 lbs.
 12 lbs.
 2 $\frac{1}{2}$ lbs.
 100 $\frac{1}{2}$ pts.
 1 #10 can
 4 lbs.
 4 14 $\frac{1}{2}$ oz. cans
 4 lbs.

DINNER

Chili Con Carne
 Beef
 Chili Powder
 Chili Beans
 Garlic
 Canned Tomatoes
 Beef Stock
 Rice
 Salad (Cole Slaw)
 Cabbage
 Vinegar
 Salad Oil
 Salt & Pepper
 Hot tea

25 lbs.
 6 oz.
 6 lbs.
 3 cloves
 2 #2 $\frac{1}{2}$ cans
 3 gals.
 25 lbs.
 25 lbs.
 2 qts.
 1 pt.
 $\frac{1}{2}$ lb.

SUPPER

Pork Spare Ribs, Oriental Style
 Pork Spare Ribs
 Pineapple
 Green Peppers
 Onions
 Beef Stock
 Soy Sauce
 Corn Starch
 Vegetable - Baked Eggplant
 Rice
 Dessert - Canned Pears
 Hot tea

35 lbs.
 1 #10 can
 5 lbs.
 10 lbs.
 4 gals.
 2 qts.
 1 pkg.
 30 lbs.
 25 lbs.
 3 #10 cans
 $\frac{1}{2}$ lb.

FOURTH WEEK

SUNDAY

TOTAL COMPONENTS REQUIRED FOR DAY

Stewed Peaches	8 lbs.
Rolled Oats	7 lbs.
Eggs	100 ea.
Potatoes	20 lbs.
Bread	12 lbs.
Butter	2 $\frac{1}{2}$ lbs.
Milk	100 $\frac{1}{2}$ pts.
Jelly	1 #10 can
Coffee	4 lbs.
Beef	25 lbs.
Chili Powder	6 oz.
Chili Beans	6 lbs.
Garlic	3 cloves
Canned Tomato	2 #2 $\frac{1}{2}$ cans
Beef Bones	9 lbs.
Rice	50 lbs.
Cabbage	25 lbs.
Vinegar	2 qts.
Salad	1 pt.
Tea	1 lb.
Pork, Spare Ribs	35 lbs.
Pineapple	1 #10 can
Green Peppers	5 lbs.
Onions	10 lbs.
Soy Sauce	2 qts.
Corn Starch	1 pkg.
Eggplant	30 lbs.
Pears	3 #10 cans
Milk, Evaporated	4 14 $\frac{1}{2}$ oz. cans
Sugar	4 lbs.