
chopped salad
General Tso's: Chinese

| Breakfast | Lunch | Dinner |
| :--- | :--- | :--- |
| cold cereal | hamburger and fries | meatloaf |
| bagel- cream cheese + lox | chopped salad | spaghetti \& meatballs |
| donut | pizza | Chinese |
| muffin |  | Mexican |
| croissant | Kinds of sandwiches: | Indian |
| egg sandwich | turkey + Swiss cheese | Thai |
| toast + butter + jam | tuna salad | Sushi |
| coffee/tea | egg salad | macaroni \& cheese |
| orange juice | ham and cheese | steak \& French fries |
| milk | pastrami on rye | pork/lamb chop |
|  | chicken salad | fried/roast chicken |
|  | BLT(bacon/lettuce/tomato) | mashed potatoes |
|  | tuna melt (tuna salad + cheese) | baked ham |
|  | grilled cheese (Greek toast) | BBQ ribs (spareribs) |
|  | peanut butter + jelly |  |
|  | meatball hero |  |
|  | roast beef |  |

