

Meal Selections

Breakfast:

1. Waffles / Pancakes
 2. Muffins / Biscuits / Bagels
 3. Homemade Egg McMuffins
 4. French toast / Cinnamon rolls
 5. Eggs / Omelets
 6. Breakfast casserole
 7. Dry cereal and milk
 8. Grits
 9. Cream of Wheat / Bulgar wheat
 10. Oatmeal / Oat bran
 11. Skillet potatoes
 12. Meat: Turkey bacon, ham
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Beef-based:

13. Hamburgers
 14. Hamburger steak
 15. Meatloaf
 16. Steak / Cubed steak
 17. Pot roast
 18. Beef tips
 19. Beef stew
 20. Porcupines
 21. Sloppy Joes
 22. Beef tacos
 23. Stuffed peppers
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Pork:

24. Ham slice
 25. BBQ pork
 26. Ribs
 27. Pork loin
 28. Pork steak or chops
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Poultry:

29. BBQ chicken
 30. Baked / oven-fried chicken
 31. Turkey
 32. Chicken pot pie
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Seafood:

33. Shrimp / Stir fry / Scampi
 34. Baked / Broiled fish
 35. Crab meat
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Cool meals:

36. PB & J preserves sandwiches
 37. Sub sandwiches
 38. Chef salad (with meat and cheese)
 39. Mean pea salad
 40. Tuna salad
 41. Chicken salad
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Soups:

42. Vegetable beef soup
 43. Cream of chicken
 44. Chicken noodle soup
 45. Chicken vegetable soup
 46. Cream of mushroom
 47. Cream of tomato
 48. Egg drop soup
 49. French onion soup
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Vegetable-based:

50. Lo Mein / Stir Fry / Sprouts
 51. Beans: Great Northern, Pinto
 52. Peas: Black eyed, Split pea
 53. Chili / Lentils
 54. Falafel salad
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Soy-based:

55. Boca burger / chicken patty
 56. TVP tacos / taco salad
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Pasta- or dough-based:

57. Macaroni & cheese
 58. Spaghetti & sauce
 59. Tuna noodle casserole
 60. Beefaroni / goulash
 61. Cheap stroganoff
 62. Lasagna
 63. Pizza
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Alternative / Other:

64. Grilled cheese sandwiches
 65. Hotdogs / Polska Kielbasa sausage
 66. Mini pizzas on English muffins
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