

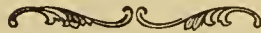
TX 728  
.G28  
Copy 1



**THE**  
**“NEWLYWED”**  
**MENU SUGGESTIONS**

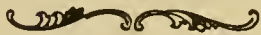


The  
"Newlywed"  
Menu  
Suggestions



Copyright 1914

By L. McD. GARRARD



Published by  
Menu Publishing Co.  
Philadelphia, Pa.

TX 728  
.G 28

APR 29 1914

*File*

©CIA372784

*no*

## PREFACE

Following the logic of "A hint to the wise is sufficient," the compilers of this booklet assume that many housewives will welcome these suggestions for simple, economic meals.

All menus contained herein have been compiled upon the basis of One (\$1.00) Dollar per day, to cover the cost of food for two people, for the full three meals, supplying a long-felt want by thousands of women who consult the daily menus given in many cook books.

There are thousands of housekeepers who strive to economize in the cost of living, who are distressingly in need of a well arranged and studied menu, to enable them to accomplish their purpose. This we give, and we believe it will be followed by thousands; thereby saving many dollars each year to their husbands, and especially those husbands who have young and inexperienced, but thoughtful wives, who want to start right.

Even though these suggestions be followed to the letter, they are ample for the sustenance, health and welfare of two people, but the wife can build upon them whenever her inclination and finances warrant.

We believe this little booklet will be welcomed and will instill systematic economy at the time when most needed by young wives.

Very respectfully,

MENU PUBLISHING COMPANY.



SPRING MENU  
MARCH, APRIL AND MAY

*First Day*

BREAKFAST  
Wheat Hearts & Cream  
Browned Hash & Toast  
Baked Apples  
Coffee

LUNCHEON  
Escalloped Corn  
Brown Bread and Cream Cheese  
Sandwiches  
Pears      Ginger Bread  
Cocoa

DINNER  
Vegetable Soup  
Hamburg Steak, Potatoes  
Creamed Onions  
Apple Pie  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST

*First Day*

BREAKFAST  
Stewed Cherries  
Bacon  
Fried Potatoes  
Muffins  
Postum

LUNCHEON  
Broiled Shad  
Sliced Cucumbers  
Chocolate Custard  
Ginger Cake      Tea

DINNER  
Asparagus Soup  
Roast Veal & Gravy  
Mashed Potatoes  
Wax Beans  
Strawberry Shortcake  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER

*First Day*

BREAKFAST  
Puffed Rice & Cream  
Broiled Ham & French  
Fried Potatoes  
Rolls      Coffee

LUNCHEON  
Sardines on Lettuce  
Apple Cake  
Stewed Apricots  
Tea

DINNER  
Veal Broth  
Braised Lamb  
Sweet Potatoes  
Succotash  
Blueberries  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY

*First Day*

BREAKFAST  
Grapefruit  
Oatmeal & Cream  
Crullers      Coffee

LUNCHEON  
Baked Welsh Rabbit  
Scalloped Tomatoes  
Graham Biscuit  
Tea

DINNER  
Tomato Soup  
Pot Roast of Beef  
Creamed Celery  
Baked Potatoes  
Peach Cobbler  
Coffee





SPRING MENU  
MARCH, APRIL AND MAY  
*Second Day*

BREAKFAST		DINNER
Prunes		Consomme
Bacon and Eggs	LUNCHEON	Roast Tenderloin
Toast	Escalloped Oysters	Potato Croquettes
Coffee	Fried Potatoes	Mashed Turnips
	Raspberry Jam	Charlotte Russe
	Layer Cake	Coffee
	Tea	

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Second Day*

BREAKFAST		DINNER
Red Raspberries		Cream of Onion Soup
Poached Eggs		Roast Shoulder of Lamb
Rice Muffins	LUNCHEON	Mint Sauce
Coffee	Cold Corned Beef	Potatoes in Half Shell
	Cold Slaw	Creamed Peas
	Currant Tarts	Strawberries & Cream
	Tea	Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Second Day*

BREAKFAST		DINNER
Iced Melon		Salsafa Soup
Farinose & Cream		Roast Duck
Southern Cornbread	LUNCHEON	Sweet Potatoes
Coffee	Sliced Tongue	Scalloped Onions
	Stewed Rhubarb	Ginger Pears
	Vanilla Wafers	Coffee
	Cocoa	

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Second Day*

BREAKFAST		DINNER
Bananas & Cream		Oyster Soup
Liver & Bacon		Fried Chicken with Rice
Corn Muffins	LUNCHEON	Flaked Potatoes
Coffee	Creamed Dried Beef	Spinach
	Asparagus on Toast	Fig Pudding
	Prune Puff	Coffee
	Tea	



SPRING MENU  
MARCH, APRIL AND MAY  
*Third Day*

BREAKFAST  
Sliced Oranges  
Pork Sausage  
Graham Muffins  
Coffee

LUNCHEON  
Macaroni & Cheese  
Sponge Cake  
Canned Plums  
Tea

DINNER  
Clear Soup  
Lamb Chops  
Potatoes in Jackets  
Creamed Parsnips  
Apple Dumplings  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Third Day*

BREAKFAST  
Sliced Pineapple  
Buckwheat Cakes  
Maple Sprup  
Coffee

LUNCHEON  
Veal Loaf  
Sweet Pickles  
Stewed Gooseberries  
Bachelor's Buttons  
Tea

DINNER  
Carrot Soup  
Breast of Mutton  
String Beans  
Creamed Potatoes  
Rhubarb Pie  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Third Day*

BREAKFAST  
Quaker Oats & Cream  
Fried Cornmeal Mush  
Toast  
Coffee

LUNCHEON  
Pork & Beans  
Brown Bread  
Preserves  
Tea

DINNER  
Vegetable Soup  
Stewed Knuckle of Veal  
Stuffed Potatoes  
Creamed Carrots  
Peach Shortcake  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Third Day*

BREAKFAST  
Stewed Figs & Cream  
Bacon & Eggs  
Wholewheat Bread  
Coffee

LUNCHEON  
Frankforts & Potato Salad  
Gingersnaps  
Cocoa

DINNER  
Cream of Celery Soup  
Porterhouse Steak  
Potatoes  
Cauliflower  
Blanc Mange  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Fourth Day*

BREAKFAST  
Stewed Prunes  
French Toast  
Fried Eggs  
Coffee

LUNCHEON  
Sliced Boiled Ham  
Chili Sauce  
Quince Jelly  
Lady Fingers  
Tea

DINNER  
Mockturtle Soup  
Broiled Steak  
Steamed Potatoes  
Canned Corn  
Cream Puffs  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Fourth Day*

BREAKFAST  
Raspberries & Cream  
Baked Eggs  
Breakfast Biscuit  
Coffee

LUNCHEON  
Cottage Cheese Sandwiches  
Lemon Sherbet  
Angelfood Cake  
Iced Tea

DINNER  
Green Pea Soup  
Mutton Chops  
Sliced Cucumber  
Custard  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Fourth Day*

BREAKFAST  
Peaches & Cream  
Waffles & Maple Syrup  
Popovers  
Coffee

LUNCHEON  
Sliced Cold Meat  
Sliced Tomatoes  
Almond Cakes  
Cocoa

DINNER  
Clam Chowder  
Breaded Veal Chops  
Baked Sweet Potatoes  
Green Beans  
Bread Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Fourth Day*

BREAKFAST  
Shredded Wheat Biscuits  
and  
Cream  
Broiled Bacon  
Cinnamon Buns  
Coffee

LUNCHEON  
Potted Ham  
Saltines  
Quince Preserves  
Cup Cakes      Tea

DINNER  
Corn Soup  
Broiled Venison Steak  
Steamed Sweet Potatoes  
Roasted Onions  
Pumpkin Pie, Cheese  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Fifth Day*

BREAKFAST  
Stewed Raisins  
Boiled Eggs  
Coffee Cake  
Coffee

LUNCHEON  
Tomato Omelet  
Pickles  
Custard  
Tea

DINNER  
Cream Spinach Soup  
Roast Chicken  
Green Peas  
Baked Potatoes  
Ice Cream  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Fifth Day*

BREAKFAST  
Blackberries & Cream  
Codfish Balls  
Breakfast Gems  
Coffee

LUNCHEON  
Egg Salad  
Raisin Bread  
Strawberry Shortcake  
Iced Tea

DINNER  
Carrot Soup  
Beef Olives  
Creamed Potatoes  
Waxed Beans  
Strawberry Cream  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Fifth Day*

BREAKFAST  
Peaches  
Griddle Cakes  
Calves' Liver  
Coffee

LUNCHEON  
Eggs & Tomato Sauce  
Celery Sandwiches  
Wafers                      Tea

DINNER  
Rice Soup  
Baked Trout  
Boiled Potatoes  
Lima Beans  
Raisin Pie  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Fifth Day*

BREAKFAST  
Baked Apples  
Ham Omelet  
Toast  
Coffee

LUNCHEON  
Potted Ham  
Pickled Onions  
Coffee Cake  
Tea

DINNER  
Onion Soup  
Corned Beef  
Boiled Potatoes  
Cabbage  
Peach Pudding  
Coffee





SPRING MENU  
MARCH, APRIL AND MAY  
*Sixth Day*

BREAKFAST  
Orange Marmalade  
Fried Eggs & Potatoes  
Rolls                      Coffee

LUNCHEON  
Potato Salad  
Graham Crackers  
Pieplant Pie  
Cocoa

DINNER  
Clam Chowder  
Leg of Veal  
Mashed Potatoes  
Creamed Onions  
Chocolate Custard  
Tea

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Sixth Day*

BREAKFAST  
Rice with Sugar & Cream  
Ham Balls  
Breakfast Rolls  
Coffee

LUNCHEON  
Tomatoes & Mayonnaise  
Blackberries & Cream  
Sponge Cake  
Iced Grape Juice

DINNER  
Beef Bouillon  
Fricasseed Chicken  
Baked Potatoes  
Sliced Tomatoes  
Blackberry Pie  
Chocolate

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Sixth Day*

BREAKFAST  
Steamed Hominy & Cream  
Breaded Sausage  
Toasted Muffins  
Coffee

LUNCHEON  
Ham Salad  
Hot Apple Cake  
Preserved Pears  
Tea

DINNER  
Bean Soup  
Broiled Mutton Chop  
Mashed Potatoes  
Baked Tomatoes  
Cocoanut Pie  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Sixth Day*

BREAKFAST  
Bananas & Cream  
Soft Boiled Eggs  
Sally Lunn  
Coffee

LUNCHEON  
Poached Eggs  
Baked Apples  
Ginger Bread  
Tea

DINNER  
Macaroni Soup  
Chicken Pie  
Steamed Sweet Potatoes  
Succotash  
Nesselrode Pudding  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Seventh Day*

BREAKFAST  
Stewed Dried Peaches  
Baked Eggs  
Crullers  
Coffee

LUNCHEON  
Oyster Patties  
Apple Jelly  
Ginger Cookies  
Chocolate

DINNER  
Potato Soup  
Veal Pot Pie  
Potatoes  
Spinach  
Fruit Pudding  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Seventh Day*

BREAKFAST  
Red Raspberries  
Tomato Toast  
Poached Eggs  
Rolls                      Coffee

LUNCHEON  
Fried Tomatoes  
Vienna Rolls  
Honey Cake  
Tea

DINNER  
Green Pea Soup  
Broiled Steak  
Potatoes  
Squash  
Custard  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Seventh Day*

BREAKFAST  
Cream of Wheat  
Bacon & Sweet Potatoes  
Coffee Cake  
Coffee

LUNCHEON  
Scalloped Salmon  
Rolls  
Layer Cake  
Chocolate

DINNER  
Tomato Soup  
Veallets  
Baked Potatoes  
Creamed Corn  
Peach Sponge  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Seventh Day*

BREAKFAST  
Force & Cream  
Ham Omelet  
Corn Muffins  
Coffee

LUNCHEON  
Pickled Pigs' Feet  
Jelly Roll  
French Buns  
Tea

DINNER  
Barley Soup  
Scalloped Tongue  
Riced Potatoes  
Boiled Turnips  
Apple Pudding  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Eighth Day*

BREAKFAST  
Bananas & Cream  
Curried Eggs  
German Coffee Cake  
Coffee

LUNCHEON  
Cottage Cheese  
Stewed Prunes  
Tea Biscuit  
Cocoa

DINNER  
Cream Tomato Soup  
Leg of Veal  
Mashed Potatoes  
Creamed Peas  
Lemon Cream Pie  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Eighth Day*

BREAKFAST  
Puffed Rice & Cream  
Boiled Eggs  
Toast  
Coffee

LUNCHEON  
Jellied Tongue  
Pineapple Preserves  
Cheese Cake  
Milk

DINNER  
Vegetable Soup  
Steak  
Potatoes in Jackets  
Cabbage  
Sea Moss Blanc Mange  
Cocoanut Cake  
Lemonade

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Eighth Day*

BREAKFAST  
Stewed Pears  
Damson Tarts  
Baked Hash  
Coffee

LUNCHEON  
Cabbage Salad  
Graham Gems  
Roquefort Cheese  
Cocoa

DINNER  
Spare Ribs & Kraut  
Baked Potatoes  
Corn Fritters  
Lemon Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Eighth Day*

BREAKFAST  
Grape Fruit  
Shirred Eggs  
Hot Rolls  
Coffee

LUNCHEON  
Cold Boiled Ham  
Tomato Sauce  
Cream Puff  
Tea

DINNER  
Vermicelli Soup  
Oyster Pot Pie  
Creamed Potatoes  
Fried Hominy  
Cranberry Tart  
Black Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Ninth Day*

BREAKFAST  
Jellied Apples  
Country Sausage  
Cinnamon Rolls  
Coffee

LUNCHEON  
Deviled Macaroni  
Raisin Brown Bread  
Apple Cake  
Tea

DINNER  
Oxtail Soup  
Boiled Halibut  
Steamed Potatoes  
Stewed Tomatoes  
Prune Whip  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Ninth Day*

BREAKFAST  
Strawberries  
Cheese Omelet  
Muffins  
Coffee

LUNCHEON  
Pickled Pigs' Feet  
Saratoga Chips  
Charlotte Russe  
Cocoa

DINNER  
Consomme  
New Potatoes  
String Beans  
Tapioca Pudding  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Ninth Day*

BREAKFAST  
Grape Nuts & Cream  
Baked Omelet  
Muffins  
Coffee

LUNCHEON  
Liver Sausage  
Whole Wheat Bread  
Stewed Apricots  
Tea

DINNER  
Clear Soup  
Stewed Pigeon  
Browned Potatoes  
Creamed Onions  
Peach Shortcake  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Ninth Day*

BREAKFAST  
Corn Flakes & Cream  
Ham & Eggs  
Waffles  
Coffee

LUNCHEON  
Fried Salt Pork  
Fried Potatoes  
Ginger Bread  
Tea

DINNER  
Oyster Soup  
Roast Lamb  
Scalloped Potatoes  
Cauliflower  
Orange Pudding  
Coffee





SPRING MENU  
MARCH, APRIL AND MAY  
*Tenth Day*

BREAKFAST  
Sliced Oranges  
French Toast  
Fried Eggs  
Coffee

LUNCHEON  
Sliced Veal Loaf  
Canned Cherries  
Biscuit  
Cocoa

DINNER  
Pea Purée  
Ox Joints  
Whipped Potatoes  
Cold Slaw  
Huckleberry Pie  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Tenth Day*

BREAKFAST  
Blackberries & Cream  
Buckwheat Cakes & Syrup  
Hot Rusks  
Coffee

LUNCHEON  
Grilled Sardines on Toast  
Scotch Short Bread  
Layer Cake  
Tea

DINNER  
Cream of Pea Soup  
Chipped Beef  
Hollandaise Potatoes  
Cucumbers  
Fresh Fruit Jam  
Cake  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Tenth Day*

BREAKFAST  
Quaker Oats & Cream  
Ham Patties  
Cornbread  
Coffee

LUNCHEON  
Bologna Sausage  
Cheese  
Nut Bars  
Orange Tea

DINNER  
Cream Corn Soup  
Macaroni & Beef  
Broiled Potatoes  
Buttered Beets  
Chocolate Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY

BREAKFAST  
Baked Apples  
Fried Scrapple  
Rolls  
Coffee

LUNCHEON  
Egg Vermicelli  
Graham Bread  
Canned Peaches  
Tea

DINNER  
Noodle Soup  
Pot Roast  
Steamed Potatoes  
Creamed Celery  
Peach Cobbler  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Eleventh Day*

BREAKFAST  
Orange Marmalade  
Ham & Eggs  
-Sweet Crumpets  
Coffee

LUNCHEON  
Sardine Salad  
Crackers  
Danson Jam  
Cocoa

DINNER  
Mutton Broth  
Roast Mutton  
Mashed Potatoes  
Hot Slaw  
Frozen Lemon Pudding  
Black Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Eleventh Day*

BREAKFAST  
Wheat Flakes & Cream  
Minced Meat on Toast  
Graham Gems  
Coffee

LUNCHEON  
Cold Tongue  
Beaten Biscuit  
Rhubarb Jelly  
Tea

DINNER  
Asparagus Puree  
Vealed Terrapin  
Boiled Potatoes  
Green Peas  
Rice & Strawberries  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Eleventh Day*

BREAKFAST  
Stewed Prunes  
Bacon & Fried Potatoes  
Butter Rolls  
Coffee

LUNCHEON  
Macaroni Rarebit  
Tomato Salad  
Saltines  
Tea

DINNER  
Corn & Tomato Soup  
Rolled Flank Steak  
Baked Potatoes  
Squash  
Peach Shortcake  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Eleventh Day*

BREAKFAST  
Baked Apple & Cream  
Scrambled Eggs  
Raised Corncake  
Coffee

LUNCHEON  
Oyster Patties  
Sweet Cantaloupe Pickle  
Coffee Cake  
Cocoa

DINNER  
Cream of Potato Soup  
Sweetbread Fricassee  
Browned Potatoes  
Cold Slaw  
Cranberry Pie  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twelfth Day*

BREAKFAST  
Shredded Wheat & Cream  
French Rolls  
Fried Scraple  
Coffee

LUNCHEON  
Jellied Ham  
Crackers  
Cheese  
Tea

DINNER  
Barley Soup  
Broiled Fish  
Potato Croquettes  
Rice Pudding  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twelfth Day*

BREAKFAST  
Berries & Cream  
Poached Eggs  
Hot Rusks  
Coffee

LUNCHEON  
Fried Tomatoes  
Canteloupe  
Ginger Cakes  
Tea

DINNER  
Chicken Soup  
Curry of Chicken  
Buttered Carrots  
Cheese Sticks  
Watermelon  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twelfth Day*

BREAKFAST  
Grapes  
Tomato Omelet  
Toast  
Coffee

LUNCHEON  
Jellied Salmon  
Saratoga Chips  
Hot Biscuit  
Tea

DINNER  
Clear Soup  
Beef Tenderloin  
Creamed Potatoes  
Steamed Cauliflower  
Apple Pie  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twelfth Day*

BREAKFAST  
Oatmeal, Raisins & Cream  
Soft Boiled Eggs & Toast  
Coffee

LUNCHEON  
Frankforts & Potato Salad  
Sliced Oranges  
Cookies  
Tea

DINNER  
Beef Stew  
Potato Dumplings  
Scalloped Tomatoes  
Apple Cake  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Thirteenth Day*

BREAKFAST  
Bananas & Cream  
Liver & Bacon  
Corn Muffins  
Coffee

LUNCHEON  
Creamed Cod Fish  
Apple Fritters & Syrup  
Cocoa

DINNER  
Tomato Soup  
Stuffed Beefsteak  
Scalloped Potatoes  
Creamed Onions  
Rhubarb Pie  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Thirteenth Day*

BREAKFAST  
Iced Cantaloupe  
Fried Tomatoes  
Rolls  
Coffee

LUNCHEON  
Cold Corned Beef  
Vienna Rolls  
Honey Cake  
Tea

DINNER  
Cream of Corn Soup  
Scalloped Lamb  
Potatoes & Sauce  
Corn on Cob  
Peaches & Cream  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Thirteenth Day*

BREAKFAST  
Oatmeal & Cream  
Buckwheat Cakes & Syrup  
Biscuits  
Coffee

LUNCHEON  
Pickled Pigs' Feet  
Preserves  
Blackberry Cake  
Chocolate

DINNER  
Roast Duck  
Mashed Potatoes  
Lima Beans  
Quince Shortcake  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Thirteenth Day*

BREAKFAST  
Sliced Oranges  
Bacon & Eggs  
Breakfast Rolls  
Coffee

LUNCHEON  
Veal Toast  
Stewed Figs  
Cup Cakes  
Tea

DINNER  
Stewed Tripe  
Parsnips  
Cabbage Salad  
Apple Dumplings  
Coffee





SPRING MENU  
MARCH, APRIL AND MAY  
*Fourteenth Day*

BREAKFAST  
Sliced Oranges  
Codfish Balls  
Fritters  
Coffee

LUNCHEON  
Hash  
Lunch Bread  
Citron Preserves  
Tea

DINNER  
Clam Soup  
Boiled Salmon  
Princess Potatoes  
Parsnip Balls  
Peach Pudding  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Fourteenth Day*

BREAKFAST  
Mush with Dates  
Toasted Potatoes  
Muffins                      Coffee

LUNCHEON  
Sliced Beef Loaf  
Spiced Currants  
Honey Cake  
Tea

DINNER  
Sago Soup  
Veal Cutlets  
Riced Potatoes  
Creamed Asparagus  
Strawberry Pudding  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Fourteenth Day*

BREAKFAST  
Oatmeal & Cream  
Buttered Toast  
Fried Bacon  
Coffee

LUNCHEON  
Cold Roast Beef  
Maryland Buns  
Peach Pie  
Chocolate

DINNER  
Meat Pie  
Sweet Potatoes  
Escalloped Salsify  
Apple Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Fourteenth Day*

BREAKFAST  
Baked Apples & Cream  
Griddle Cakes  
Coffee

LUNCHEON  
Escalloped Oysters  
Cantaloupe Pickle  
Biscuit  
Russian Tea

DINNER  
Oyster Soup  
Escalloped Tongue  
Mashed Potatoes  
Turnips  
Fruit Pudding  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Fifteenth Day*

BREAKFAST  
Bananas & Cream  
Curried Eggs  
German Coffee Cake  
Coffee

LUNCHEON  
Sliced Tongue  
Saratoga Potatoes  
Gingerbread  
Tea

DINNER  
Pea Soup  
Loin of Mutton  
Whipped Potatoes  
Escalloped Corn  
Lemon Cream Pie  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Fifteenth Day*

BREAKFAST  
Berries & Cream  
Fried Tomatoes  
Parker House Rolls  
Coffee

LUNCHEON  
Veal Loaf  
Sliced Cucumbers  
Blueberries  
Iced Tea

DINNER  
Asparagus Soup  
Fricasseed Veal  
Boiled Potatoes  
French Beets  
Peaches & Cream  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Fifteenth Day*

BREAKFAST  
Grapes  
Scrambled Eggs  
Cornbread  
Coffee

LUNCHEON  
Deviled Toast  
Preserved Pears  
Sponge Cake  
Tea

DINNER  
Tomato Soup  
Vienna Steak  
Potato Balls  
Creamed Carrots  
Cherry Tapioca  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Fifteenth Day*

BREAKFAST  
Halved Oranges  
Liver & Bacon  
Rolls  
Coffee

LUNCHEON  
Sliced Ham  
Spice Cake  
Plum Jam  
Tea

DINNER  
Potato Soup  
Stewed Rabbit  
Kentucky Potatoes  
Creamed Celery  
Cranberry Shortcake  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Sixteenth Day*

BREAKFAST  
Stewed Rhubarb  
Fried Mush & Syrup  
Coffee

LUNCHEON  
Macaroni & Tomatoes  
Stewed Apples  
Dinner Rolls  
Coffee

DINNER  
Clear Soup  
Beefsteak  
Potatoes  
Spinach  
Custard  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Sixteenth Day*

BREAKFAST  
Iced Cantaloupe  
Tomato Omelet  
Brown Bread  
Coffee

LUNCHEON  
Escalloped Tomatoes  
Vienna Rolls  
Strawberry Shortcake  
Iced Tea

DINNER  
Chicken Stew & Dumplings  
Baked Potatoes  
Green Corn  
Raspberry Ice Cream  
Tea

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Sixteenth Day*

BREAKFAST  
Cracked Wheat & Cream  
Sliced Tomatoes  
Hot Biscuit  
Coffee

LUNCHEON  
Baked Eggs  
Buttered Toast  
Sliced Pineapple  
Cocoa

DINNER  
Cream of Barley Soup  
Veal Cutlets  
Sweet Potatoes  
Creamed Cauliflowers  
Rice Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Sixteenth Day*

BREAKFAST  
Oatmeal & Cream  
Bananas  
Coffee Cake  
Geo. Washington Coffee

LUNCHEON  
Cold Beef Tongue  
Potato Salad  
Apple Cream  
Cocoa

DINNER  
Vegetable Soup  
Steak, Smothered in Onions  
French Fried Potatoes  
Apple Dumpling  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Seventeenth Day*

BREAKFAST  
Oatmeal & Cream  
Ham Omelet  
Rusks  
Coffee

LUNCHEON  
Chipped Beef  
Graham Bread  
Stewed Pears  
Tea

DINNER  
Turtle Bean Soup  
Veal Pot Pie  
Cabbage  
Blanc Mange  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Seventeenth Day*

BREAKFAST  
Cherries on Steam  
Poached Eggs  
Rice Muffins  
Coffee

LUNCHEON  
Cheese Sandwiches  
Rhubarb Jelly  
Angel Food Cake  
Cocoa

DINNER  
Mock Turtle Soup  
Broiled Black Bass  
New Potatoes  
Cucumbers  
Chocolate Cream  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Seventeenth Day*

BREAKFAST  
Stewed Plums  
Ham & Eggs  
Baking Powder Biscuit  
Coffee

LUNCHEON  
Lettuce Salad  
Bread & Butter Sandwiches  
Fried Apples  
Coffee

DINNER  
Green Corn Soup  
Sirloin Steak  
Browned Potatoes  
Wax Beans  
Peach Pie  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Seventeenth Day*

BREAKFAST  
Cracked Wheat & Cream  
Fried Mush  
Doughnuts  
Coffee

LUNCHEON  
Baked Beans & Bacon  
Boston Brown Bread  
Apple Sauce  
Tea

DINNER  
Celery Soup  
Roast Pork  
Sweet Potatoes  
Mashed Turnips  
Rice & Cream  
Coffee





SPRING MENU  
MARCH, APRIL AND MAY  
*Eighteenth Day*

BREAKFAST  
Grape Nuts & Cream  
Breakfast Sausage  
Fried Potatoes  
Coffee

LUNCHEON  
Deviled Clams  
Lemon Jelly  
Warm Biscuit  
Chocolate

DINNER  
Beef Stew  
Stewed Tomatoes  
Cornstarch Meringue  
Vanilla Wafers  
Tea

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Eighteenth Day*

BREAKFAST  
Strawberries & Cream  
Broiled Ham  
Muffins  
Coffee

LUNCHEON  
Escalloped Tomatoes  
Buns Berry Roll  
Tea

DINNER  
Green Pea Soup  
Broiled Steak  
Brown Mashed Potatoes  
Squash  
Pineapple Sponge  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Eighteenth Day*

BREAKFAST  
Shredded Wheat & Cream  
Beef Hash Corncakes  
Coffee

LUNCHEON  
Liver Sausage  
Celery Salad  
Rusks  
Cocoa

DINNER  
Vegetable Soup  
Roast Ribs of Beef  
Creamed Potatoes  
Canned Peas  
Figs in Cream  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Eighteenth Day*

BREAKFAST  
Soft Boiled Eggs  
Toast Fried Apples  
Coffee

LUNCHEON  
Escalloped Salmon  
Roquefort Cheese  
Crackers  
Tea

DINNER  
Black Bean Soup  
Pork Chops  
Browned Potatoes  
Parsnips  
Peach Cake  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Nineteenth Day*

BREAKFAST  
Hominy & Cream  
Stewed Rhubarb  
Rice Cakes  
Coffee

LUNCHEON  
Welsh Rarebit  
Rusks  
Russian Tea  
Plums

DINNER  
Oxtail Soup  
Spring Lamb  
Potatoes  
Green Peas  
Cranberry Pie  
Chocolate

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Nineteenth Day*

BREAKFAST  
Cherries  
Griddle Cakes & Syrup  
Breakfast Cocoa

LUNCHEON  
Cold Corned Beef  
Cold Slaw  
Cherry Nectar  
Iced Tea

DINNER  
Consomme  
Veal Cutlets  
Steamed Potatoes  
Creamed Cauliflower  
Strawberry Cream  
Tea

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Nineteenth Day*

BREAKFAST  
Grapes  
Egg Omelet  
Kentucky Rolls  
Coffee

LUNCHEON  
Bologna Sausage  
Stewed Pears  
Beaten Biscuit  
Chocolate

DINNER  
Cream Celery Soup  
Chicken, Kentucky Style  
Baked Potatoes  
Creamed Corn  
Apple Dumpling  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Nineteenth Day*

BREAKFAST  
Boiled Eggs  
French Toast  
Crullers  
Coffee

LUNCHEON  
Oyster Pot Pie  
Canned Fruit  
Muffins  
Tea

DINNER  
Bouillon  
Leg of Mutton  
Mashed Potatoes  
Creamed Parsnips  
Mince Pie  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twentieth Day*

BREAKFAST  
Hot Waffles & Syrup  
Fried Apples  
Coffee

LUNCHEON  
French Toast  
Plum Jam  
Spice Cakes  
Tea

DINNER  
Potato Soup  
Roast Sheep Brains  
Stuffed Potatoes  
Lima Beans  
Peach Pudding  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twentieth Day*

BREAKFAST  
Peaches & Cream  
Fried Bacon  
Rice Muffins  
Coffee

LUNCHEON  
Tomato Salad  
Crackers  
Apple Jelly  
Lemonade

DINNER  
Beet Soup  
Lamb Chops  
New Potatoes  
Sliced Tomatoes  
Peach Cream  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twentieth Day*

BREAKFAST  
Oatmeal & Cream  
Fried Mushrooms  
Buttered Toast  
Coffee

LUNCHEON  
Sausage Roll  
Gingerbread  
Cranberry Sauce  
Tea

DINNER  
Chestnut Soup  
Beef Heart  
Mashed Potatoes  
Creamed Carrots  
Quince Fluff  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twentieth Day*

BREAKFAST  
Fried Scrapple  
Bananas & Cream  
Crullers  
Coffee

LUNCHEON  
Salmon  
Prune Jelly  
Cake  
Tea

DINNER  
Lima Bean Soup  
Roast Beef  
Baked Potatoes  
Stewed Tomatoes  
Fig Pudding  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-First Day*

BREAKFAST  
Stewed Prunes  
Sausage  
Fried Potatoes  
Crumpets  
Postum

LUNCHEON  
Cold Boiled Ham  
Quince Jelly  
Wafers  
Cocoa

DINNER  
Tomato Soup  
Fried Red Snapper  
Baked Potatoes  
Stewed Celery  
Orange Float  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-First Day*

BREAKFAST  
Red Raspberries  
Fried Tomatoes  
Brown Bread  
Coffee

LUNCHEON  
Sardine Sandwiches  
Red Plums  
Spiced Cookies  
Iced Chocolate

DINNER  
Mockturtle Soup  
Stuffed Beef Steak  
Browned Potatoes  
Watermelon  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-First Day*

BREAKFAST  
Soft Boiled Eggs  
Crisped Bacon  
Hot Cornbread  
Coffee

LUNCHEON  
Macaroni & Oysters  
Sliced Peaches  
Cake  
Tea

DINNER  
Clear Broth  
Roast Beef  
Sweet Potatoes  
Asparagus  
Date Compote  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-First Day*

BREAKFAST  
Baked Apples & Cream  
Eggs in Bread Cases  
Vienna Rolls  
Coffee

LUNCHEON  
Deviled Toast  
Marmalade  
Cup Cakes  
Hot Tea

DINNER  
Corn Soup  
Vienna Steak  
Cream Potatoes  
Macaroni  
Peach Shortcake  
Black Coffee





SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Second Day*

BREAKFAST  
Oranges  
Fried Potatoes  
Boiled Eggs  
Coffee

LUNCHEON  
Cold Pigs' Feet  
Preserved Peaches  
Cream Puffs  
Cocoa

DINNER  
Clear Soup  
Stewed Pigeons  
Potato Puff  
Creamed Corn  
Orange Charlotte  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Second Day*

BREAKFAST  
Graham Porridge  
Ham & Eggs  
Rice Muffins  
Coffee

LUNCHEON  
Potted Ham  
Cucumber Pickles  
Strawberry Shortcake  
Chocolate

DINNER  
Mutton Soup  
Baked Liver  
Browned Potatoes  
Salsify  
Lemon Pie  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Second Day*

BREAKFAST  
Shredded Wheat Biscuit  
Hash Rolls  
Coffee

LUNCHEON  
Baked Eggs  
Saratoga Chips  
Molasses Cake  
Tea

DINNER  
Vegetable Soup  
Corned Leg of Mutton  
Sweet Potatoes  
Canned Peas  
Stewed Apricots  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Second Day*

BREAKFAST  
Fried Sweet Potatoes  
Southern Waffles  
Honey  
Rusks  
Coffee

LUNCHEON  
Frankforts & Potato Salad  
Jelly Roll  
Cocoa

DINNER  
Cream Tomato Soup  
Roast Pork  
Mashed Potatoes  
Stewed Onions  
Currant Jelly  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Third Day*

BREAKFAST  
Bananas & Cream  
Ham Omelet  
Biscuit  
Coffee

LUNCHEON  
Cheese Sandwiches  
Baked Apples  
Sponge Cake  
Tea

DINNER  
Smothered Beef Steak  
Steamed Potatoes  
Cabbage  
Date Pudding  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Third Day*

BREAKFAST  
Huckleberries & Cream  
Crisped Bacon  
Potatoes  
Popovers  
Coffee

LUNCHEON  
Cold Tongue  
Graham Bread  
Sliced Peaches  
Iced Tea

DINNER  
Clam Soup  
Veal Cutlets  
Riced Potatoes  
Sliced Tomatoes  
Apple Float  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Third Day*

BREAKFAST  
Oatmeal & Cream  
Fried Mush & Syrup  
Rye Muffins  
Coffee

LUNCHEON  
Sardine Sandwiches  
Preserved Pears  
Ginger Cake  
Cocoa

DINNER  
Celery Soup  
Stewed Squirrel  
Baked Potatoes  
Celery Salad  
Quince Preserves  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Third Day*

BREAKFAST  
Sausage  
Fried Sweet Potatoes  
Corn Muffins  
Coffee

LUNCHEON  
Pork & Beans  
Apple Sauce  
Brown Bread  
Tea

DINNER  
Carrot Soup  
Breaded Pork Chops  
Boiled Potatoes  
Parsnips  
Fruit Pudding  
Tea



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Fourth Day*

BREAKFAST  
Sliced Oranges  
Hominy & Cream  
Bannocks  
Coffee

LUNCHEON  
Chipped Beef  
Raisin Bread  
Marmalade  
Tea

DINNER  
Potato Soup  
Veal Pot Pie  
Spinach  
Custard  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Fourth Day*

BREAKFAST  
Strawberries & Cream  
Griddle Cakes  
Syrup  
Coffee

LUNCHEON  
Radishes  
Bread & Butter Sandwiches  
Shredded Pineapple  
Iced Tea

DINNER  
Vegetable Soup  
Roast Lamb  
Flaked Potatoes  
Sliced Cucumber  
Apple Pie  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Fourth Day*

BREAKFAST  
Grapes  
Bacon & Chili Sauce  
Biscuits  
Coffee

LUNCHEON  
Fried Apples  
Graham Bread  
Peach Pie  
Chocolate

DINNER  
Salsify Soup  
Steamed Fish  
Escalloped Potatoes  
Stuffed Tomatoes  
Peach Custard  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Fourth Day*

BREAKFAST  
Grape Fruit  
Corn Flakes & Cream  
Corn Dodgers  
Coffee

LUNCHEON  
Escalloped Oysters  
Drop Biscuit  
Canned Strawberries  
Tea

DINNER  
Tomato Soup  
Roast Beef  
Baked Potatoes  
Turnips  
Date Pie  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Fifth Day*

BREAKFAST  
Scrambled Eggs  
Fried Potatoes  
Vienna Rolls  
Coffee

LUNCHEON  
Veal Loaf  
Celery  
Apple Cake  
Tea

DINNER  
Scotch Broth  
Roast Venison  
Browned Potatoes  
Hot Slaw  
Preserved Plums  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Fifth Day*

BREAKFAST  
Blackberries & Cream  
Broiled Ham  
Toast  
Coffee

LUNCHEON  
Pea Salad  
Rye Bread  
Huckleberries  
Orangeade

DINNER  
Green Pea Soup  
Boiled Bass  
Mashed Potatoes  
Creamed Cauliflower  
Frozen Custard  
Iced Tea

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Fifth Day*

BREAKFAST  
Fruit  
French Toast  
Corn Bread  
Coffee

LUNCHEON  
Sardines  
Roquefort Cheese  
Crackers  
Jelly  
Cocoa

DINNER  
Sago Soup  
Baked Beef Heart  
Riced Potatoes  
Stewed Celery  
Lemon Cream Pie  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Fifth Day*

BREAKFAST  
Stewed Prunes  
Ham & Eggs  
Rolls  
Coffee

CHRISTMAS DINNER  
Raw Oysters & Lemon  
Tomato Bisque  
Roast Turkey  
Cranberry Sauce  
Mashed Potatoes  
Celery Salad  
Mince Pie  
Nuts  
Coffee

LATE LUNCHEON  
Cold Sliced Turkey  
Celery Sandwiches  
Fruit  
Cocoa





SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Sixth Day*

BREAKFAST  
Stewed Apricots  
Quaker Oats & Cream  
Cinnamon Buns  
Coffee

LUNCHEON  
Canned Salmon  
Spanish Buns  
Cranberry Jelly  
Chocolate

DINNER  
Barley Soup  
Chicken Stew  
Baked Sweet Potatoes  
Stewed Corn  
Peach Pudding  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Sixth Day*

BREAKFAST  
Stewed Cherries  
Ham Balls  
Rolls  
Coffee

LUNCHEON  
Egg Salad  
Wholewheat Bread  
Strawberry Shortcake  
Iced Tea

DINNER  
Cream of Asparagus Soup  
Mutton Chops  
Mashed Potatoes  
Young Onions  
Banana Pudding  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Sixth Day*

BREAKFAST  
Bananas & Cream  
Fried Brains  
Potato Biscuit  
Coffee

LUNCHEON  
Potato Pancakes  
Apple Sauce  
Cookies  
Tea

DINNER  
Celery Soup  
Sirloin Steak  
Creamed Potatoes  
Lima Beans  
Peach Cobbler  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Sixth Day*

BREAKFAST  
Shredded Wheat Biscuit & Cream  
Fried Mush & Syrup  
Hot Biscuit  
Coffee

LUNCHEON  
Cold Boiled Ham  
Coffee Cake  
Prune Pudding  
Tea

DINNER  
Noodle Soup  
Meat Pie  
Baked Squash  
Cranberry Sauce  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Seventh Day*

BREAKFAST  
Pettijohn's Breakfast Food  
Rhubarb Soup  
Popovers  
Coffee

LUNCHEON  
Welsh Rarebit  
Iced Apples  
French Rolls  
Tea

DINNER  
Bean Soup  
Baked Fish  
Broiled Potatoes  
Asparagus  
Rhubarb Dumpling  
Tea

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Seventh Day*

BREAKFAST  
Iced Melon  
Bacon & Fried Potatoes  
Rolls                      Coffee

LUNCHEON  
Baked Liver  
Whole Wheat Gems  
Crabapple Jelly  
Lemonade

DINNER  
Carrot Soup  
Broiled Steak  
Mashed Potatoes  
Sliced Tomatoes  
Peach Delight  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Seventh Day*

BREAKFAST  
Soft Boiled Eggs  
Toast                      Honey  
                                    Coffee

LUNCHEON  
Potted Ham  
Tea Biscuit  
Grape Jelly  
Tea

DINNER  
Mushroom Soup  
Shoulder of Lamb  
Baked Sweet Potatoes  
Creamed Celery  
Orange Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Seventh Day*

BREAKFAST  
Sliced Oranges  
Wheatena & Cream  
Crullers  
Coffee

LUNCHEON  
Cold Beef Tongue  
Ginger Bread  
Prune Jelly  
Cocoa

DINNER  
Bouillon  
Boiled Ham  
Boiled Potatoes  
Cabbage  
Fig Pudding  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Eighth Day*

BREAKFAST  
Stewed Rhubarb  
Bread Omelet  
Fried Potatoes  
Coffee

LUNCHEON  
Beef Kidney  
Stewed Tomatoes  
Peach Sponge  
Tea

DINNER  
Tomato Soup  
Veal & Ham Pie  
Croquettes  
Celery  
Apple Pie  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Eighth Day*

BREAKFAST  
Melon  
Cracked Wheat & Cream  
Light Rolls  
Coffee

LUNCHEON  
Tomatoes & Mayonnaise  
Blackberries & Cream  
Tea Cakes  
Iced Cocoa

DINNER  
Asparagus Soup  
Broiled Beef Steak  
Baked Potatoes  
Creamed Celery  
Orange Sherbet  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Eighth Day*

BREAKFAST  
Sliced Oranges  
Breaded Sausage  
Hot Rolls  
Coffee

LUNCHEON  
Ham Salad  
Brown Bread  
Apple Preserves  
Coffee

DINNER  
Bean Soup  
Squirrel Pie  
Mashed Potatoes  
Baked Tomatoes  
Cocoanut Pie  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Eighth Day*

BREAKFAST  
Fried Tripe  
French Fried Potatoes  
Egg Rolls  
Coffee

LUNCHEON  
Creamed Beef  
Stewed Prunes  
Cake  
Coffee

DINNER  
Baked White Fish  
Boiled Potatoes  
Celery Salad  
Prune Pie  
Coffee



SPRING MENU  
MARCH, APRIL AND MAY  
*Twenty-Ninth Day*

BREAKFAST  
Orange Marmalade  
Oatmeal & Cream  
Rye Bread  
Coffee

LUNCHEON  
Macaroni & Tomatoes  
Rhubarb Charlotte  
Tea

DINNER  
Creamed Tomato Soup  
Boiled Leg of Mutton  
Creamed Potatoes  
Peas  
Custard  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Twenty-Ninth Day*

BREAKFAST  
Raspberries  
Broiled Bacon  
Johnny Cake  
Coffee

LUNCHEON  
Cheese Omelet  
Olives  
Pineapple  
Russian Tea

DINNER  
Onion Soup  
Lamb Chops  
Steamed Potatoes  
Sliced Tomatoes  
Banana Float  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Twenty-Ninth Day*

BREAKFAST  
Baked Apples & Cream  
Soft Boiled Eggs  
Toast  
Postum

LUNCHEON  
Potted Ham  
Beaten Biscuit  
Honey  
Tea

DINNER  
Roast Duck  
Mashed Potatoes  
Celery  
Lima Beans  
Nut Pudding  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Twenty-Ninth Day*

BREAKFAST  
Grape Nuts & Cream  
Buckwheat Cakes & Syrup  
Doughnuts  
Coffee

LUNCHEON  
Hash  
Egg on Toast  
Fruit  
Chocolate

DINNER  
Corn Soup  
Stewed Rabbit  
Boiled Potatoes  
Parsnips  
Canned Peaches  
Tea





SPRING MENU  
MARCH, APRIL AND MAY  
*Thirtieth Day*

BREAKFAST  
Bananas & Cream  
Fried Mush & Syrup  
Toast  
Coffee

LUNCHEON  
Scrambled Eggs  
Currant Jam  
Ginger Cake  
Tea

DINNER  
Vegetable Soup  
Roast Mutton  
Sweet Potatoes  
Mashed Turnips  
Chocolate Meringue  
Coffee

SUMMER MENU  
JUNE, JULY AND AUGUST  
*Thirtieth Day*

BREAKFAST  
Black Raspberries  
Sliced Tomatoes  
Sausage  
Hot Rolls  
Coffee

LUNCHEON  
Cucumber Sandwiches  
Blueberries  
Cup Cakes  
Tea

DINNER  
Veal Fricassee  
Steamed Potatoes  
Green Corn  
Peaches & Cream  
Chocolate Wafers  
Coffee

AUTUMN MENU  
SEPTEMBER, OCTOBER AND NOVEMBER  
*Thirtieth Day*

BREAKFAST  
Grapes  
Baked Eggs & Toast  
Coffee

LUNCHEON  
Cold Boiled Ham  
Potato Salad  
Biscuits  
Tea

DINNER  
Green Pea Soup  
Halibut Steak  
Baked Potatoes  
Cauliflower  
Apple Cake & Cream  
Coffee

WINTER MENU  
DECEMBER, JANUARY AND FEBRUARY  
*Thirteenth Day*

BREAKFAST  
Fruit  
Bacon & Eggs  
Graham Gems  
Coffee

LUNCHEON  
French Toast  
Quince Preserves  
Cookies  
Cocoa

DINNER  
Clam Chowder  
Pork Tenderloin  
Riced Potatoes  
Macaroni & Cheese  
Nesselrode Pudding  
French Coffee





LIBRARY OF CONGRESS



0 014 519 228 6

