

Seaside Galley
HIGH FIBER MENU

CYCLE DAY 07 (Saturday)

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

CYCLE DAY 08 (Sunday)

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

CYCLE DAY 09 (Monday)

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

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CYCLE DAY 10 (Tuesday)

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

CYCLE DAY 11 (Wednesday)

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

CYCLE DAY 12 (Thursday)

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

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CYCLE DAY 13 (Friday)

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

CYCLE DAY 14 (Saturday)

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

DETAINEE SPECIAL FINGER FOOD

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

DETAINEE REGULAR MEAL

1 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	2 Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee	3 Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea	4 2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	5 Blueberry Muffin Cereal Apple Jam Margarine 2% Milk Coffee	6 Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea	7 Bagel Cream Cheese Cereal Dates Jam Margarine 2% Milk Coffee
Meatballs in Batter 6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade	Chicken Vegetable Alfredo Linguine Noodles Mixed Salad w/ Oil & Vinegar Garlic Bread Orange Margarine Drink Ade	Spicy Meatballs & Peas White Rice Roasted Mixed Vegetable Whole Wheat Bread Loaf Orange Margarine Drink Ade	Peas w/ Lemon Peppers & Noodles Jefferson Beans w/ Tomato & Oil Whole Wheat Bread Orange Margarine Drink Ade	Baked Kibbe Cauliflower w/ Olive Oil & Lemon Whole Wheat Bread Loaf Orange Margarine Drink Ade	Grilled Chicken Breast French Fries Mixed Salad w/ Oil & Vinegar Bun Orange Margarine Drink Ade	Dawood Basha Fried Potatoes Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade
Fisherman's Fish w/ Rice Okra and Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Eggplant Pilaf in Olive Oil Grilled Vegetable Salad Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Fish w/ Carriander 6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade	Chick Pea Soup Brown Rice Mixed Salad w/ Oil & Vinegar Dates Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Fish w/ Tahini White Rice Grilled Vegetable Salad Pear Pita Bread Margarine 2% Milk Tea/Drink Ade	Middle Eastern Stew Roasted Mixed Vegetable Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Grilled Fish w/ Sumac Noodles Zucchini w/ Tomatoes Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade

8 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	9 Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee	10 Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea	11 2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	12 Apple Cinnamon Muffin Cereal Apple Jam Margarine 2% Milk Coffee	13 Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea	14 Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee
Tandoori Chicken Breast Brown Rice 6 Vegetable Stew Whole Wheat Bread Loaf Orange Margarine Drink Ade	Italian Meat Sauce Spaghetti Noodles Mixed Salad w/ Oil & Vinegar Whole Wheat Bread Loaf Orange Margarine Drink Ade	Grilled Herbed Chicken Med. Pasta w/ Tomatoes Wheat Bread Orange Margarine Drink Ade	Kefta Casserole Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade	Mushroom Chicken Brown Rice Mixed Salad w/ Oil & Vinegar Pita Bread Orange Margarine Drink Ade	Hamburger French Fries Lettuce and Tomato Slices Bun Orange Margarine Drink Ade	Chicken w/ Olives Tabouleh Salad Beans w/ Tomato & Olive Oil Whole Wheat Bread Loaf Orange Margarine Drink Ade
Mediterranean Pasta w/ Fresh Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Fried Fish Portion Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade	Falafel w/ Hot Sauce Zucchini w/ Tomatoes Banana Bun Margarine 2% Milk Drink Ade	Baked Stuffed Fish Mixed Salad w/ Oil & Vinegar Dates Pita Bread Margarine 2% Milk Drink Ade	Lentils and Rice 6 Vegetable Stew Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Chicken Baked in Sesame Sauce Brown Rice Roasted Mixed Vegetable Apple Wheat Bread Margarine 2% Milk Drink Ade	Mediterranean Vegetable Frittata White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

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

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

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

Tahini- sesame seed oil

Kefta- baked ground beef with parsley, onion

Dawood Basha- baked eggplant with sesame seeds and lemon

SOFT DIET MENU

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

DETAINEE SPECIAL VEGETARIAN DIET

<p style="text-align: center;">1</p> <p>Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee</p>	<p style="text-align: center;">2</p> <p>Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee</p>	<p style="text-align: center;">3</p> <p>Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea</p>	<p style="text-align: center;">4</p> <p>2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee</p>	<p style="text-align: center;">5</p> <p>Blueberry Muffin Cereal Apple Jam Margarine 2% Milk Coffee</p>
Veggie Patty	Alfredo Sauce	Kidney Beans	Veggie Patty	Mediterranean Pasta
<p>6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade</p>	<p>Linguine Noodles Tossed Salad w/ Oil & Vinegar Garlic Bread Orange Margarine Drink Ade</p>	<p>White Rice Roasted Mixed Vegetables Whole Wheat Bread Loaf Orange Margarine Drink Ade</p>	<p>Noodles Jefferson String Beans w/ Tomato & Olive Oil Wheat Bread Orange Margarine Drink Ade</p>	<p>w/ Fresh Tomatoes Cauliflower w/ Olive Oil & Lemon Whole Wheat Bread Loaf Orange Margarine Drink Ade</p>
Northern Beans w/ Rice	Eggplant Pilaf in Olive Oil	Lentils and Rice	Chick Pea Soup	Black Eyed Peas
<p>Okra w/ Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade</p>	<p>Grilled Vegetable Salad Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade</p>	<p>6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade</p>	<p>Brown Rice Tossed Salad w/ Oil & Vinegar Dates Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade</p>	<p>White Rice Grilled Vegetable Salad Pear Pita Margarine 2% Milk Tea/Drink Ade</p>
<p style="text-align: center;">8</p> <p>Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee</p>	<p style="text-align: center;">9</p> <p>Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee</p>	<p style="text-align: center;">10</p> <p>Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea</p>	<p style="text-align: center;">11</p> <p>2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee</p>	<p style="text-align: center;">12</p> <p>Apple Cinnamon Muffin Cereal Apple Jam Margarine 2% Milk Coffee</p>
Northern Beans	Marinara Sauce	Pinto Beans	Veggie Patty	Black Eyed Peas
<p>Brown Rice 6 Vegetable Stew Whole Wheat Bread Loaf Orange Margarine Drink Ade</p>	<p>Spaghetti Noodles Tossed Salad w/ Oil & Vinegar Whole Wheat Bread Loaf Orange Margarine Drink Ade</p>	<p>Med. Pasta w/ Tomatoes Wheat Bread Orange Margarine Drink Ade</p>	<p>Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade</p>	<p>White Rice Tossed Salad w/ Oil & Vinegar Pita Orange Margarine Drink Ade</p>
Mediterranean Pasta	Veggie Patty	Falafel	Middle Eastern Stew	Lentils and Rice
<p>w/ Fresh Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade</p>	<p>Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade</p>	<p>w/ Hot Sauce Zucchini w/ Tomatoes Banana Bun Margarine 2% Milk Drink Ade</p>	<p>Tossed Salad w/ Oil & Vinegar Dates Pita Margarine 2% Milk Drink Ade</p>	<p>6 Vegetable Stew Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade</p>

DETAINEE SPECIAL VEGETARIAN W/ FISH DIET

1 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	2 Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee	3 Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea	4 2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	5 Blueberry Muffin Cereal Apple Jam Margarine 2% Milk Coffee	6 Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea	7 Bagel Cream Cheese Cereal Dates Jam Margarine 2% Milk Coffee
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Veggie Patty	Baked Stuffed Fish	Kidney Beans	Fried Fish Portion	Mediterranean Pasta	Baked in Sesame Sauce	Veggie Patty
6 Vegetable Stew Wheat Bread Orange Margarine Drink Ade	Roasted Salad w/ Oil & Vinegar Garlic Bread Orange Margarine Drink Ade	White Rice Roasted Mixed Vegetable Whole Wheat Bread Loaf Orange Margarine Drink Ade	Noodles Jefferson Beans w/ Tomato & Onion Wheat Bread Orange Margarine Drink Ade	w/ Fresh Tomatoes Flower w/ Olive Oil & Lemon Whole Wheat Bread Loaf Orange Margarine Drink Ade	Brown Rice Roasted Salad w/ Oil & Vinegar Wheat Bread Orange Margarine Drink Ade	Fried Potatoes Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade

Fisherman's Fish	Eggplant Pilaf in Olive Oil	Fish with Carander	Chick Pea Soup	Fish with Tahini	Middle Eastern Stew	Grilled Fish with Shrimp
w/ Rice Okra w/ Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Grilled Vegetable Salad Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	6 Vegetable Stew Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade	Brown Rice Roasted Salad w/ Oil & Vinegar Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	White Rice Grilled Vegetable Salad Pear Pita Margarine 2% Milk Tea/Drink Ade	Whole Wheat Bread Loaf Roasted Mixed Vegetable Apple Whole Wheat Bread Loaf Margarine 2% Milk Tea/Drink Ade	Honey Zucchini w/ Tomatoes Banana Wheat Bread Margarine 2% Milk Tea/Drink Ade

8 Boiled Eggs Wheat Bread Cereal Apple Jam Margarine 2% Milk Coffee	9 Peanut Butter Whole Wheat Bread Loaf Cereal Banana Honey Margarine 2% Milk Coffee	10 Special Scrambled Eggs Home Fried Potatoes Pita Bread Pear Jam Margarine 2% Milk Hot Tea	11 2 Slices Cheese Whole Wheat Bread Loaf Cereal Cantaloupe Half Honey Margarine 2% Milk Coffee	12 Apple Cinnamon Muffin Cereal Apple Jam Margarine 2% Milk Coffee	13 Cheese Omelet Pita Bread Banana Honey Margarine 2% Milk Hot Tea	14 Waffles Syrup Cereal Dates Jam Margarine 2% Milk Coffee
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Fisherman's Fish	Marinara Sauce	Grilled Fish with Shrimp	Veggie Patty	Fish with Tahini	Veggie Patty	Fried Fish Portion
Brown Rice 6 Vegetable Stew Whole Wheat Bread Loaf Orange Margarine Drink Ade	Spaghetti Noodles Roasted Salad w/ Oil & Vinegar Whole Wheat Bread Loaf Orange Margarine Drink Ade	Med. Pasta w/ Tomatoes Wheat Bread Orange Margarine Drink Ade	Grilled Vegetable Salad Whole Wheat Bread Loaf Orange Margarine Drink Ade	White Rice Roasted Salad w/ Oil & Vinegar Pita Orange Margarine Drink Ade	French Fries Lettuce and Tomato Slices Bun Orange Margarine Drink Ade	Grape Jam Beans w/ Tomato & Olive Oil Whole Wheat Bread Loaf Orange Margarine Drink Ade

Mediterranean Pasta	Fried Fish Portion	Patate	Baked Stuffed Fish	Lentils and Rice	Baked in Sesame Sauce	Mediterranean Vegetable Pizzata
w/ Fresh Tomatoes Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Roasted Potato Half Grilled Vegetable Salad Apple Bun Margarine 2% Milk Drink Ade	w/ Hot Sauce Zucchini w/ Tomatoes Banana Bun Margarine 2% Milk Drink Ade	Roasted Salad w/ Oil & Vinegar Dates Pita Margarine 2% Milk Drink Ade	6 Vegetable Stew Pear Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade	Brown Rice Roasted Mixed Vegetable Apple Wheat Bread Margarine 2% Milk Drink Ade	White Rice Grilled Vegetable Salad Banana Whole Wheat Bread Loaf Margarine 2% Milk Drink Ade

Seaside Galley
HIGH FIBER MENU

CYCLE DAY 01 (Sunday)

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

CYCLE DAY 02 (Monday)

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

CYCLE DAY 03 (Tuesday)

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

Seaside Galley
HIGH FIBER MENU

CYCLE DAY 04 (Wednesday)

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

CYCLE DAY 05 (Thursday)

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

CYCLE DAY 06 (Friday)

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