

MENUS

MENUS—BREAKFAST, LUNCHEON AND DINNER—
FOR A WEEK IN EACH MONTH OF THE YEAR

JANUARY

SUNDAY

BREAKFAST

Sliced oranges

LUNCHEON

Salmon salad ripe olives

Peanut butter sandwiches

Cereal coffee

DINNER

Barley and Clam Broth

Creamed parsnips

Baked potatoes

Fried clams

Croutons

Celery

MONDAY

BREAKFAST

Baked apple

LUNCHEON

Rice soup (plain)

Corn meal muffins

Shrimp omelette

DINNER

Fried squash

Baked potatoes

Cabbage

Lettuce

TUESDAY

BREAKFAST

Stewed prunes

LUNCHEON

Barley porridge

Cottage cheese milk

Whole wheat muffins

DINNER

Oyster stew

Boiled sweet potatoes

Creamed carrots

Lettuce with mayonnaise

WEDNESDAY

BREAKFAST	DINNER
Apple sauce	Parsnip fritters
LUNCHEON	Lettuce, French dressing
Cream tomato soup, fried mush	Escalloped macaroni
Cheese crackers	

THURSDAY

BREAKFAST	DINNER
Grape fruit	Vegetable soup
LUNCHEON	Tuna salad
Sardine sandwich	Baked potato
Cereal coffee	Hot rolls
Cup custard	

FRIDAY

BREAKFAST	DINNER
Canned peaches	Cream celery soup
LUNCHEON	Baked halibut
Bran pancakes	Hollandaise sauce
Poached egg on toast	Brown potatoes
Cup of cocoa	

SATURDAY

BREAKFAST	DINNER
Apple sauce	Bean roast
LUNCHEON	Stewed ruta-baga
Cracked wheat	Cream of spinach soup
Milk omelette, plain	Cold slaw

FEBRUARY

SUNDAY

BREAKFAST

Sliced oranges

LUNCHEON

Rice and salmon soup

Cheese fondu

Creamed turnips

DINNER

Baked white fish, tomato sauce

Lettuce, mayonnaise dressing

Scalloped onions

Lettuce salad

MONDAY

BREAKFAST

Raw prunes

LUNCHEON

Cream tomato and farina soup

Potato salad—Corn bread

DINNER

Clam fritters

Creamed squash

Baked potatoes

Celery salad

TUESDAY

BREAKFAST

Stewed apricots

LUNCHEON

Soft boiled eggs

Farina

Whole wheat muffins

DINNER

Vermicelli soup

Scalloped potatoes

Baked lake trout

Stewed tomatoes

WEDNESDAY

BREAKFAST

Sliced oranges

LUNCHEON

Potato salad

Stewed parsnips

DINNER

Barley and bean soup

Fish balls

Escalloped tomatoes

THURSDAY

BREAKFAST

Grape fruit

LUNCHEON

Cream tomato shrimp on toast

Carrots in brown sauce

DINNER

Creamed celery and rice soup

Macaroni and cheese

Baked sweet potatoes

Fried salmon

FRIDAY

BREAKFAST

Stewed prunes

LUNCHEON

Fried squash, celery

Stewed corn, Muffins

DINNER

Clam chowder

Plain black bass baked

Baked sweet potato

Lettuce, French dressing

SATURDAY

BREAKFAST

Baked apples

LUNCHEON

Milk, honey

Whole wheat bread and butter

DINNER

Lentil soup

Creamed cabbage

Ripe olives

Baked potatoes

MARCH

SUNDAY

BREAKFAST

Sliced pineapple

LUNCHEON

Plain barley soup

Creamed asparagus on toast

DINNER

Boiled mackerel in cream sauce

Spinach in brown sauce

Potatoes and onions

Celery and lettuce salad

MONDAY

BREAKFAST

Grape fruit

DINNER

Dried green pea soup

LUNCHEON	Sweet potato cakes
Fried squash, stewed corn	Sprouts in drawn butter sauce
Baked potato	Lettuce, French dressing

TUESDAY

BREAKFAST	DINNER
Sliced pineapple and oranges	Puree of vegetable soup
LUNCHEON	Croutons, creamed tuna on toast
Spaghetti	Baked potatoes
Whole wheat bread and butter	Ripe olives
Creamed cabbage	

WEDNESDAY

BREAKFAST	DINNER
Apple sauce	Cream of potato soup
LUNCHEON	Fried Bermuda onion
Corn flakes, milk	Creamed carrots and peas
Poached egg on toast	Lettuce, boiled dressing

THURSDAY

BREAKFAST	DINNER
Stewed prunes	Barley and bean soup
LUNCHEON	Creamed tomato, shrimp on toast
Potato pancakes	Boiled cabbage
Stewed tomatoes	Ripe olives
Ruta-baga in brown sauce	

FRIDAY

BREAKFAST	DINNER
Grape fruit	Halibut roast
LUNCHEON	Mashed potatoes
Vegetarian chili	Cold slaw
Spoon corn bread	Boiled parsnips

SATURDAY

BREAKFAST	DINNER
Stewed peaches	Farina bisque
LUNCHEON	Corn oysters
Cracked wheat	Lettuce and celery salad
Cereal coffee, muffins	Mashed carrots

APRIL**SUNDAY**

BREAKFAST	DINNER
Stewed apricots and prunes	Okra and bean soup
LUNCHEON	Stuffed lake trout
Cottage cheese, milk	Dandelion
Poached eggs on toast	Baked potatoes

MONDAY

BREAKFAST	DINNER
Sliced oranges	Cream of lima bean soup
LUNCHEON	Fried egg plant
Bran muffins, cereal coffee	Baked potatoes
Asparagus omelette	

TUESDAY

BREAKFAST	DINNER
Stewed prunes	Boiled cabbage dinner
LUNCHEON	Corn starch pudding
Asparagus omelette	Olives
Salmon salad	Corn bread

WEDNESDAY

BREAKFAST	DINNER
Baked apples	Cream of celery soup

LUNCHEON	Fillet of salmon
Fried egg plant	String beans in tomato sauce
Macaroni and cheese, lettuce	Beet salad I

THURSDAY

BREAKFAST	DINNER
Sliced oranges	Gritz soup
LUNCHEON	Corn roast
Puffed wheat, milk	Asparagus, drawn butter sauce
Cheese omelette	Cucumber and lettuce salad

FRIDAY

BREAKFAST	DINNER
Stewed apricots	Vegetable puree soup
LUNCHEON	Croutons
Steamed oatmeal, buttermilk	Broiled blue fish, rhubarb
Peanut butter sandwich	French fried potatoes

SATURDAY

BREAKFAST	DINNER
Grape fruit	Oyster stew
LUNCHEON	Creamed peas, brown potatoes
Corn fritters, radishes	Lettuce with mayonnaise
Custard, bran muffins	Hot rolls

MAY

SUNDAY

BREAKFAST	DINNER
Sliced pineapple	Cream of asparagus soup
LUNCHEON	Crab a la Hollandaise
Cold sliced salmon loaf	New potatoes with parsley
Creamed cauliflower, olives	Lettuce and cucumber salad

MONDAY

BREAKFAST	DINNER
Oranges	Vermicili soup
LUNCHEON	Creamed new potatoes
Clam fritters	String beans in brown sauce
Asparagus with bread crumbs	Lettuce, French dressing

TUESDAY

BREAKFAST	DINNER
Stewed peaches	Cream of pea soup
LUNCHEON	Spinach with egg
Oatmeal with cream	Potato croquettes
Scrambled eggs, hot rolls	Combination salad I

WEDNESDAY

BREAKFAST	DINNER
Grape fruit	Beet and tomato soup
LUNCHEON	Salmon loaf
Creamed lima beans	Baked macaroni
Fried mush, boiled cabbage	and cheese, lettuce salad

THURSDAY

BREAKFAST	DINNER
Sliced pineapple	Split pea soup
LUNCHEON	Tomato and lettuce salad
Spaghetti and okra,	Salmon salad
Fried squash	Olives
Lettuce salad	

FRIDAY

BREAKFAST	DINNER
Oranges	Cream potato soup
LUNCHEON	Fried crappies

Sliced tomatoes, hot egg	Cream green peas
Sandwich, stewed corn	Baked banana, cabbage salad

SATURDAY

BREAKFAST	DINNER
Grape fruit	Clam and corn chowder
LUNCHEON	Boiled new potatoes
Italian rice	Sour string beans, brown sauce
Asparagus omelette	Radish and cucumber salad

JUNE**SUNDAY**

BREAKFAST	DINNER
Strawberries	Carrot and pea soup
LUNCHEON	Baked stuffed black bass
Salmon croquettes	Beet greens (prep'd as spinach)
Creamed summer squash	Potatoes au gratin
Lettuce with mayonnaise	Stuffed tomato salad

MONDAY

BREAKFAST	DINNER
Stewed apricots	Vegetable puree, croutons
LUNCHEON	Asparagus Hollandaise sauce
Fried mush, tapioca	New potatoes and parsley
Creamed cucumbers on toast	Whole wheat muffins

TUESDAY

BREAKFAST	DINNER
Stewed prunes	Cream of celery and rice soup
LUNCHEON	New potatoes, sour cream
Tuna a la Hamburg	Creamed onions
Stuffed beets	Spinach and egg
Lettuce, French dressing	

WEDNESDAY

BREAKFAST	DINNER
Stewed peaches	Egg plant soup
LUNCHEON	Cauliflower au gratin
Baked butter fish with onions	Fish balls
Scalloped potatoes	Tomato and lettuce salad

THURSDAY

BREAKFAST	DINNER
Raspberries	Rice and egg soup
LUNCHEON	Beets au gratin
Fried tomatoes, cucumber salad	Baked Potatoes
Escalloped salsify	Combination Salad II

FRIDAY

BREAKFAST	DINNER
Cherries	Cream of asparagus soup
LUNCHEON	Baked blue fish, tomato sauce
Boiled rice with cream, hot rolls	New potatoes in cream
Celery and cheese salad	Cucumbers and Mayonnaise

SATURDAY

BREAKFAST	DINNER
Strawberries	Cream tomato soup
LUNCHEON	Escalloped egg plant
Scrambled tomatoes	String beans
Bran muffins, stewed corn	Shrimp salad

JULY**SUNDAY**

BREAKFAST	DINNER
Red raspberries	Clam chowder

LUNCHEON	Creamed salmon
Ice cream	Squash cakes
Milk, whole wheat bread	Combination salad I

MONDAY

BREAKFAST	DINNER
Pears	Chave borched
LUNCHEON	Succotash
Potato salad	Combination vegetable salad
Oyster sandwich, cereal coffee	Escalloped new potatoes

TUESDAY

BREAKFAST	DINNER
Raspberries	Vermicelli soup
LUNCHEON	Corn on cob
Boiled new potatoes	Creamed tuna on toast
Shrimp omelette	Sliced tomatoes
Sliced cucumbers	

WEDNESDAY

BREAKFAST	DINNER
Blackberries	Carrot and pea soup
LUNCHEON	Clam fritters
Fried cabbage, cucumber salad	Creamed onions
Baked potatoes	Lettuce mayonnaise

THURSDAY

BREAKFAST	DINNER
Red raspberries	Cabbage soup
LUNCHEON	Creamed lima beans
Spaghetti Italian	Mashed carrots
Cauliflower au gratin	Potato salad

FRIDAY

BREAKFAST

Peaches

LUNCHEON

Boiled rice, cream

Cottage cheese, milk

DINNER

Fried halibut, tomato sauce

Corn on cob

Combination salad

Scalloped onions

SATURDAY

BREAKFAST

Fresh currants

LUNCHEON

Corn bread, buttermilk

Plain omelette

DINNER

Green pea soup

Escalloped clams

Tomato salad

Boiled new potatoes

AUGUST

SUNDAY

BREAKFAST

Peaches

LUNCHEON

Poached eggs on toast

Milk, floating island

DINNER

Vegetable puree, croutons

Baked pickerel, Holl'daise sauce

Stuffed cabbage

Sliced tomatoes

MONDAY

BREAKFAST

Plums

LUNCHEON

Sardines in tomato sauce

Potato salad, muffins

DINNER

Cream tomato bisque

String beans, brown sauce

Rice croquettes

Cucumber salad

TUESDAY

BREAKFAST

Blackberries

DINNER

Cream of celery soup

LUNCHEON	Boiled cabbage
Grape nuts, cream	Corn on cob
Cottage cheese, milk	Sliced tomatoes, mayonnaise

WEDNESDAY

BREAKFAST	DINNER
Cantaloupe	Cream of spinach soup
LUNCHEON	Stuffed egg plant
Creamed salmon on toast	Corn on cob
Rice pudding	Tomato and lettuce salad

THURSDAY

BREAKFAST	DINNER
Fresh apricots	Cream of lima bean soup
LUNCHEON	Lyonnais potatoes
Soda crackers, milk	Egg plant, oysters
Soft boiled eggs	Lettuce salad

FRIDAY

BREAKFAST	DINNER
Peaches	Cream of corn soup
LUNCHEON	Baked trout with onions
German fried potatoes	Spinach in brown sauce
Combination salad, corn on cob	Sliced tomatoes, mayonnaise

SATURDAY

BREAKFAST	DINNER
Cantaloupe	Cabbage boiled dinner
LUNCHEON	Crab salad
Graham muffins, cottage cheese	
Milk, puffed rice, cream	

SEPTEMBER

SUNDAY

BREAKFAST	DINNER
Cantaloupe	Baked butterfish with mushr'ms
LUNCHEON	Bean puree soup
Rice omelette, cold slaw	Creamed squash
Escalloped egg plant	Tomato salad

MONDAY

BREAKFAST	DINNER
Peaches	Vegetable soup
LUNCHEON	Lima beans
Potato croquettes, muffins	Combination salad
Fried smelts, lettuce salad	Fried tomatoes

TUESDAY

BREAKFAST	DINNER
Huckleberries	Vermicelli soup
LUNCHEON	Boiled potatoes, buttered beets
Steamed oatmeal, cereal coffee	Corn roast
Poached eggs on toast	Lettuce salad

WEDNESDAY

BREAKFAST	DINNER
Whole pears	Split pea soup
LUNCHEON	Browned potatoes
Fried oyster, sliced tomatoes	String beans
Creamed cauliflower	Lettuce with mayonnaise

THURSDAY

BREAKFAST	DINNER
Cantaloupe	Cream of corn soup

LUNCHEON	Creamed brussel sprouts
Shrimp omelette	Baked potatoes
Cottage cheese, creamed peas	Stewed parsnips

FRIDAY

BREAKFAST	DINNER
Blue plums	Clam Chowder
LUNCHEON	Fresh salmon fried
Boiled Spanish mackerel	Tomato sauce, creamed
Hollandaise sauce, corn bread	Cauliflower, cucumber
Carrots in brown sauce	Salad, baked potatoes

SATURDAY

BREAKFAST	DINNER
Fresh apricots	Cream tomato soup
LUNCHEON	Lima bean succotash
Cracked wheat, baked custard	Squash cakes
Milk, whole wheat muffins	Lettuce salad

OCTOBER**SUNDAY**

BREAKFAST	DINNER
Grapes	Puree of bean soup
LUNCHEON	Broiled halibut, drawn butter
Oyster fritters	Lettuce salad
Cold slaw	Baked potatoes
Corn bread, creamed onions	Ripe olives

MONDAY

BREAKFAST	DINNER
Sliced oranges	Cabbage soup
LUNCHEON	Mashed turnips

Rice and cream, hot chocolate Au gratin potatoes
 Spoon corn bread Lettuce, French dressing

TUESDAY**BREAKFAST**

Pears

LUNCHEON

Spaghetti

Scrambled eggs, muffins

DINNER

Rice and celery soup

Escalloped oyster

Boiled sweet potatoes

Cold slaw

WEDNESDAY**BREAKFAST**

Grapes

LUNCHEON

Steamed rice

Tomato omelette, muffins

DINNER

Squash soup

Fried egg plant

Baked potatoes

Lettuce salad

THURSDAY**BREAKFAST**

Grape fruit

LUNCHEON

Rice croquettes, muffins

Cottage cheese, cereal coffee

DINNER

Farina bisque

Baked lima beans with onions

Cabbage with tomatoes baked

Olives

FRIDAY**BREAKFAST**

Stewed plums

LUNCHEON

Potato salad,

Fried egg plant

Carrots in brown sauce

DINNER

Cream of pea soup

Baked smelts with mushrooms

Cauliflower, drawn butter

Escalloped tomatoes

SATURDAY**BREAKFAST**

Pears

DINNER

Clam chowder

LUNCHEON	Tuna salad
Cabbage boiled dinner	Olives
Whole wheat muffins	Corn meal muffins

NOVEMBER

THANKSGIVING DAY

BREAKFAST	DINNER
Baked apples	Oyster on half shell
LUNCHEON	Vegetable puree, croutons
Potato salad	Stuffed baked lake trout
Parsnip fritters	Baked potatoes
Pumpkin pie	Cranberry sauce
Olives	Baked squash

SUNDAY

BREAKFAST	DINNER
Sliced oranges	Cream of rice and salmon soup
LUNCHEON	Broiled bluefish
Fish balls, creamed parsnips	Boiled beets
Muffins, lettuce salad	Baked potatoes, celery

MONDAY

BREAKFAST	DINNER
Grapes	Vermicelli soup
LUNCHEON	Cabbage in tomato sauce
Welsh rarebit, stewed onions	Potato croquettes
Glazed sweet potatoes	Celery

TUESDAY

BREAKFAST	DINNER
Stewed prunes	Oatmeal soup
LUNCHEON	Bean roast,

Omelette with mushrooms	Celery salad
Cereal coffee, muffins	Mashed turnips

WEDNESDAY

BREAKFAST	DINNER
Sliced oranges	Bean soup
LUNCHEON	Cream tomato, shrimp on toast
Poached eggs on toast	Celery salad
Stewed tomatoes	Stewed cabbage

THURSDAY

BREAKFAST	DINNER
Stewed apricots	Barley and bean soup
LUNCHEON	French fried potatoes
Celery salad	Ruta-bagas brown sauce
Shrimp Omelette, hot rolls	Olives

FRIDAY

BREAKFAST	DINNER
Baked apples	Clam and corn chowder
LUNCHEON	Baked red snapper in tomato sauce
Baked custard, milk	Lettuce salad
Rice and cream, muffins	

SATURDAY

BREAKFAST	DINNER
Stewed prunes	Cream of celery soup
LUNCHEON	Baked sweet potatoes
Creamed lima beans	Sauerkraut and onion
Stewed tomatoes, corn bread	Parsnips in drawn butter

DECEMBER

CHRISTMAS DAY

BREAKFAST

Sliced oranges

LUNCHEON

Cold slaw

Potato pancakes

Creamed peas

DINNER

Oyster on half shell

Lettuce salad

Broiled white fish

Browned potatoes

Mashed turnips

SUNDAY

BREAKFAST

Apple sauce

LUNCHEON

Cream celery on toast

Fried clams, lettuce salad

DINNER

Clam broth with barley

Boiled halibut, Holl'daise sauce

Mash potato pudding

Celery salad

MONDAY

BREAKFAST

Grape fruit

LUNCHEON

Corn meal mush fried

Scalloped cheese, hot rolls

DINNER

Gritz soup

Brown potatoes

Cranberry sauce

Fried carrots

TUESDAY

BREAKFAST

Stewed prunes

LUNCHEON

Parsnip fritters

Rice Omelette, muffins

DINNER

Vegetable puree

Baked squash

Escalloped potatoes

Cheese crackers, celery

WEDNESDAY

BREAKFAST

Sliced pineapple

LUNCHEON

DINNER

Oyster stew

Barley and beans

Rice croquettes, muffins	Cabbage in brown sauce
Bird's nests, hot chocolate	Celery salad

THURSDAY

BREAKFAST	DINNER
Stewed dry peaches	Vegetable soup
LUNCHEON	Creamed celery and tuna fish
Corn fritters	Sliced tomatoes mayonnaise
Celery salad, creamed turnips	

FRIDAY

BREAKFAST	DINNER
Apple sauce	Pea soup with croutons
LUNCHEON	White fish with potatoes
Fried oysters	Mashed carrots
Baked sweet potatoes	Celery salad
Lettuce, French dressing	

SATURDAY

BREAKFAST	DINNER
Sliced oranges	Cream potato soup
LUNCHEON	Crab on toast with Hollandaise sauce
Vegetarian chili	Asparagus omelette
Corn starch pudding with cream	Olives

A FEW FRUIT MENUS

1—Pineapple and oranges sliced, peanut butter sandwiches on Graham crackers, salted almonds.

2—Baked apple, honey sandwiches on whole wheat bread, walnuts.

- 3—Combination fruit salad, nut sandwiches.
- 4—Stewed prunes, hot whole wheat rolls, stuffed dates.
- 5—Rhubarb, stuffed baked apple, date and nut sandwiches.
- 6—Pear salad, peanut butter sandwiches.
- 7—Russian compot, Graham crackers, salted almonds.
- 8—Stewed peaches, whole figs, peanut butter sandwiches.
- 9—Grape fruit salad, nut sandwiches.
- 10—Strawberries, fig and nut sandwiches.
- 11—Apple sauce, bread and honey, salted almonds and walnuts.
- 12—Pineapple sherbet, banana salad.

A FEW PICNIC LUNCHES

- 1—Potato salad, lettuce sandwiches, ripe olives.
- 2—Egg salad sandwiches, radishes, cold slaw, peanut butter sandwiches.
- 3—Tuna salad, cheese and nut sandwiches, fresh tomatoes, olives.
- 4—Salmon salad, peanut butter sandwiches, cheese and olive sandwiches.
- 5—Combination vegetable salad, smoke salmon sandwiches, nut sandwiches, olives.
- 6—Tomato and American cheese sandwiches, salted peanuts, radishes, sardine sandwiches.
- 7—Fish salad sandwiches, potato salad, olives, honey sandwiches.
- 8—Fig, cheese and nut sandwich, whole tomatoes, peanut butter sandwiches.
- 9—Bean sandwiches, salmon salad, radishes, honey sandwiches.
- 10—Sardine sandwiches, pickled beets, potato salad, radishes, honey sandwiches.

11—Potato salad, custard pie, cheese and nut sandwiches, ripe olives.

12—Lemon pie, tuna salad, cheese sandwiches, olives.

In taking picnic lunches be careful and do not have too much of a mixture. Picnics are usually given in the summer time when food easily decays. Do not eat fruit with the lunches. Fruits may be eaten about an hour and a half after the lunch unless a fruit lunch is taken. Do not eat ice cream and soda pop with the mixed salad lunches. Partake of that an hour after. Eat the lunch soon after arriving at destination. Do not eat food that has remained for hours in the hot sun. Salads spoil easily and fermentation sets in. Many people become violently ill after picnic lunches because they have been careless, disregarding the laws of food combination. Only sandwiches of nuts, peanut butter and honey can be eaten after standing several hours. Others spoil rapidly.

MEASUREMENTS

Exact measurements are necessary for uniform results. Cooking is applied chemistry. When the chemical constituents vary, the results vary. To illustrate: Air consists of about one-third oxygen and two-third nitrogen, carbon and vapor, together. Remove any considerable portion of the oxygen, and the air becomes incompetent to sustain animal life. Remove all the nitrogen and carbon from air, and substitute hydrogen in proportions of about two-third hydrogen to one-third oxygen, and the new chemical compound is water. Successful "guess work" in cooking is not guess work at all, but the result of long experience through many failures. The "yellow biscuits" are the result of too much soda in the chemical compound; the "sour biscuits," the result of too little soda. In cooking, cause and effect are closely related as in the chemical laboratory. *Like causes produce like effect, and vice versa.*

TABLE

One speck (spk)	
4 saltspoonsfuls (ssp.).....	1 tsp.
3 tablespoonsfuls (tsp.).....	1 tbsp.
4 tablespoonsfuls (tbsp.).....	$\frac{1}{4}$ cup or $\frac{1}{2}$ gill
8 tablespoonsfuls.....	$\frac{1}{2}$ c., or 1 gill
16 tablespoonsfuls.....	1 c., or $\frac{1}{2}$ pint
2 cupsfuls (c.)	1 pt.
2 pints (pts.)	1 qt.
4 quarts (qts.)	1 gallon (gal.)

