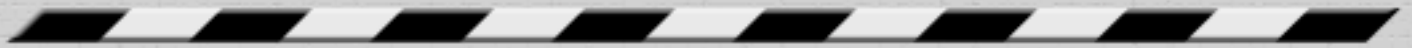


# Menus



**Three Day Shelter Menu ..... Form E-1**



# Three Day Shelter Menu

## Sample Menu A

*Use stock on hand first - use refrigerated or frozen foods first. If electrical power is out, use items in refrigerators and freezers that pose no food safety danger. All the foods identified below may not be available at the time of an emergency.*

<b>*Breakfast - each day</b>	Cereal Fruit Juice Peanut Butter Crackers	<b>*Main Meal - day 2</b>	Pork and Beans Canned Vegetable Canned Fruit Peanut Butter
<b>*Main Meal - day 1 and 3</b>	Sliced Meat Sandwich Canned Vegetable Canned Fruit Peanut Butter Crackers	<b>*Evening Meal - day 1, 2, and 3</b>	Tuna Salad Sandwich Canned Fruit Peanut Butter
		<b>*Snack (evening and afternoon)</b>	Cookies, Canned Fruit

*\*Available at all times: Coffee, Milk, Tea, Creamer, Crackers, Jelly, Peanut Butter, Salt, and Pepper*

## Sample Menu B Emergency Feeding Breakfast

<b>Menu 1</b> Canned Fruit Toast with Peanut Butter Coffee Tea Creamer Sugar	<b>Menu 3</b> Juice Cereal Bar NFD Milk Coffee Tea Creamer Sugar	<b>Menu 5</b> Canned Fruit Oatmeal NFD Milk Coffee Tea Creamer Sugar	<b>Menu 7</b> Apple Juice Grits Eggs Sausage (frozen ground pork) Toast Butter Jelly NFD Milk Coffee Tea Creamer Sugar
<b>Menu 2</b> Juice Corn Cereal Cheese Toast *NFD Milk Coffee Tea Creamer Sugar	<b>Menu 4</b> Apple Juice Grits Scrambled Eggs Toast Butter Coffee Creamer/Sugar	<b>Menu 6</b> Sliced Apples Pancakes Syrup Butter Sausage NFD Milk Coffee Tea Creamer Sugar	

*\*NFD: Non-fat dry*

**Sample Menu C**  
**Emergency Feeding**  
**Lunch/Dinner**

**Menu 1**  
Sliced Turkey (Turkey Roast)  
Mashed Potatoes (Dehydrated)  
Green Beans  
Applesauce  
Bread  
Coffee  
Tea

**Menu 2**  
Chicken and Rice (Diced Chicken)  
Peas  
Mixed Fruit  
Bread  
Coffee

**Menu 3**  
Sliced Ham (Boneless Ham)  
Macaroni and Cheese  
Green Beans  
Apple Slices  
Bread  
Coffee  
Tea

**Menu 4**  
Turkey Roast  
Mashed Potatoes  
Blackeyed Peas  
Bread  
Coffee  
Tea

**Menu 5**  
Chicken Noodle Casserole (Canned Poultry)  
Peas  
Peaches  
Bread  
Coffee/Tea

**Menu 6**  
Ham Sandwich (Frozen Ham)  
Vegetarian Beans  
Mixed Fruit  
Coffee  
Tea

**Menu 7**  
Ham and Macaroni and Cheese  
Green Beans  
Peaches  
Bread  
Coffee  
Tea

**Menu 8**  
Spaghetti with Meat Sauce  
(Ground Beef)  
Green Beans  
Pears  
Bread  
Coffee  
Tea

**Menu 9**  
Turkey Sandwich (Turkey Roast)  
Pineapple Tidbits  
Corn  
Coffee  
Tea

**Menu 10**  
Hamburger with Bun  
Vegetarian Beans  
Pears  
Coffee  
Tea

**Menu 11**  
Chili with Beans and Beef  
(Canned or Ground Beef)  
Crackers  
Applesauce  
Coffee  
Tea

**Menu 12**  
Barbecue Pork (Canned Pork)  
Corn  
Pineapple Tidbits  
Coffee  
Tea

**Menu 13**  
Beans and Rice  
Peaches  
Bread  
Coffee  
Tea

**Menu 14**  
Hamburger Mexican Rice  
(Ground Beef or Canned Beef)  
Apple Slices  
Corn  
Coffee  
Tea