

Grange-le-Comte,
17th, June 1919.

The following menus are offered in response to questions as to well balanced and nourishing meals within the limits of supplies available from the central store and the shopping car. Housekeepers are requested to keep in touch with local supplies of meat, eggs, cheese, milk, vegetables and fruit and purchase locally, unless so doing will increase difficulties as to quantity or prices for that neighborhood.

Monday

breakfast

cornmeal mush
stewed apricots
coffee or cocoa

lunch

soup
creamed potatoes
corn
radishes
nuts and raisins

dinner

croquettes
salad
bread pudding with jam
and egg powder
tea or coffee

Tuesday

breakfast

porridge
hash
coffee or cocoa

lunch

soup
lima beans
tomatoes
jam

dinner

salmon
salad
rice pudding with
raisins and egg
powder
tea or coffee

Wednesday

breakfast

porridge
stewed prunes
coffee or cocoa

lunch

soup
savory rice
green beans
cheese and figs

dinner

roast beef and potatoes
salad
custard with fruit
tea or coffee

Thursday

breakfast

hominy grits
hash
coffee or cocoa

lunch

soup
ragout with potatoes
cabbage
jam

dinner

macaroni and cheese
salad
gelatine with fruit
tea or coffee

Friday

breakfast

porridge
raw fruit
coffee and cocoa

lunch

soup
radishes
bully beef hash
lentils or peas
stewed prunes

dinner

pork and beans
pommes frites
salad
apple sauce with
cinnamon
tea or coffee

Saturday

breakfast

cornmeal mush
apple sauce
coffee and cocoa

lunch

soup
meat stew
rice and tomatoe
sauce
nuts and raisins

dinner

macaroni and cheese
vegetable salad
rice pudding with
raisins and egg
powder
tea or coffee

Sunday

breakfast

porridge
omelette
coffee and cocoa

dinner

soup
roast veal and
potatoes
cauliflower
peach pie

supper

salmon loaf
salad and cheese
or
potato salad
fruit and cake
tea or coffee

Balanced rations for each day should contain:

Fuel value of three kinds:

protein
starch and sugar
fat

Minerals

Undigestible fibre

Fresh, uncooked food

Nearly all foods contain a mixture of these things, but the following lists should serve as a guide in making up supplementary menus, as one food may be substituted for another from the same list without changing materially the balance for the day. It is worth while to think which foods combine well as to appearance, taste and time of preparation, as well as balance.

Food stuffs especially valuable for:

<u>protein</u>	<u>starch and sugar</u>	<u>fat</u>	<u>mineral</u>	<u>undigestible fibre</u>
milk	sugar	butter	tomatoes	fleshy fruit and
eggs	jam	margarine	carrots	vegetables such
cheese	syrup	oil	onions	as carrots, figs,
butter	tapioca	lard	lettuce	etc.
nuts	rice		green beans	
meat	potatoes		cabbage	
fish	macaroni		cauliflower	
beans	corn		tart fruits	
peas	oatmeal			
lentils	bread			
gelatine	flour			
	sweet fruits			
	lentils			
	peas			
	beans			

Maintenance Department.
Medical Department.