

SUGGESTED FOODS FOR ISSUE

(Indicate preferences. Final decision will be made by Food Services.)

- Breakfast
- Fresh fruit (hardy varieties **only**)
 - Canned or boxed juice, or crystals
 - Eggs
 - Frozen bacon
 - Frozen sausages
 - Baked beans
 - Complete pancake mix, syrup
 - Ready-to-eat cereal
- Lunch/Supper
- Soup, mix or canned
 - Crackers
 - Frozen portioned meats, eg.
 - Hamburger patties
 - Wieners
 - Pork chops, cutlets
 - Minute steaks
 - European sausages
 - Frozen TV-type dinners
 - Canned spaghetti sauce, uncooked spaghetti
 - Canned sliceable meats (not fish)
 - Canned ravioli, spaghetti
 - Canned meat dishes, eg.
 - Chili con carne
 - Beef steak with gravy
 - Beef steak with onions and gravy
 - Beef stew
 - Hamburgers with gravy
 - Macaroni and cheese mix
 - Fresh fruit and vegetables (hardy varieties)
 - Frozen vegetables
 - Canned or instant mashed potatoes
 - Instant rice
 - Canned puddings
 - Packaged cookies
- All meals
- Milk, hot chocolate, coffee, tea, sugar, whitener or tetra-pack creamers, bread, rolls, margarine, jams, peanut butter, mustard, ketchup, salt, pepper, other popular condiments.