

POWNAI STATE SCHOOL
DIETARY FOR OFFICERS AND EMPLOYEES
FOR WEEK OF DEC. 19 - 25, 1943

	BREAKFAST	DINNER	SUPPER
Sun.	Apples Maltex - milk Omelet Biscuits - butter Coffee - Milk	Lamb chops - Mashed potatoes - Squash Bread - butter Choc. pudding whipped cream	Pea soup - Crackers Gelatin salad Cornbread - butter Filled cookies
Mon.	Grapefruit juice Wheaties - milk Pancakes - maple syrup - Toast-butter Doughnuts - Milk	Roast pork Apple sauce - Peas Browned potatoes Rolls - butter Grapenut custard	Cold meat Creamed potatoes Mashed turnips Bread - butter Cake
Tue.	Apple sauce Oatmeal - milk Hashed potatoes Bacon Quick coffee cake Coffee - Milk	Roast lamb Mint jelly Baked potatoes String beans Bread - butter Lemon tarts	Creamed salmon on biscuits Salad Bread - butter Ice cream - choc. sauce
Wed.	Tomato juice Cornflakes - milk Poached eggs on toast Coffee - Milk Raised doughnuts	Hamburg steak Scalloped potatoes Tomatoes - Beets Rolls - butter Coffee jello - wh. cr.	Baked beans Cole slaw Relish Brown bread - butter Squash pie
Thurs.	Spiced prunes Cr. of wheat-milk Sausage Scones - butter Coffee - Milk	Baked ham Potatoes Creamed cabbage Bread - butter Pineapple rice pudding	Vegetable chow mein Noodles Vienna bread - butter Apple crisp
Fri.	Oranges Grapenuts - milk Creamed eggs on toast Coffee - Milk Doughnuts	Baked fish sticks Potatoes - String beans Bread - butter Apple pie	Vegetable stew Crackers Green salad Biscuits - butter Pear sauce Cookies
Sat.	Grapefruit Shredded wheat-milk Bacon Sweet rolls-butter Coffee - Milk	Tomato bisque Roast chicken-stuffing Gravy - Cranberry jelly Mashed potatoes - Squash Onions - Gelatin salad Rolls - butter Plum pudding with hard sauce	Oyster stew - crackers Celery & olives Biscuits - butter Ice cream Fruit cake

Coffee served every meal.
Choice of tea, postum or milk each meal.
Plain bread every meal unless hot bread.

Pownal State School
Dietary for Officers and Employees
For the Week of December 19-25, 1943

	BREAKFAST	DINNER	SUPPER
Sun.	Cornflakes - Milk Bread - butter Coffee - Milk	Roast Lamb Gravy Mashed potatoes Carrots Bread - butter Baked pumpkin	Pea Soup Crackers Bread - Butter Bread pudding
Mon.	Oatmeal - Milk Bread - butter Coffee - Milk	Hamburg Rice - Beets Bread - butter Baked Beans	Creamed Carrots Bread - butter Hermits Beet & Vegetable
Tue.	Cr. of Wheat - Milk Bread - butter Coffee - Milk	Relish Cole Slaw Cornbread - butter Vanilla pudding	Hash Bread - butter Cake
Wed.	Shredded Wheat-Milk Bread - butter Coffee- Milk	Pot Roast Potatoes-Turnips Bread - butter Applesauce	Spanish Rice Bread-butter Gingerbread
Thurs.	Maltex - Milk Bread - butter Coffee - Milk	Sausage - Potatoes Cabbages Bread - butter Jello	Vegetable Stew Crackers Biscuits - butter Prunes
Fri.	Rolled Wheat-Milk Bread - butter Coffee - Milk	Fish Hash Catsup - Greens Bread - butter Oranges	Baked Beans Relish Bread - butter Cookies
Sat.	Cr. of Wheat-Milk Bread - butter Coffee - Milk	Roast Chicken Gravy - Stuffing Cranberry sauce Sweet potatoes Mashed Squash Onions Bread - butter Apple pie	Corn chowder Crackers Bread - butter Ice Cream Choc. Cake

Working children are served extra food.
Crippled children are given tomato juice every day.
Modified Ketogenic Diet for epileptics.

Contributed to Maine Memory Network by New Gloucester Historical Society
Date: Dec. 19-25, 1943
Description: Menu for Officers and Employees at Pownal State School