
Sample Disaster Menus

Sunday

Breakfast

Apple juice, fortified
Toast or bread
Canned milk or reconstituted milk
Sanka or hot tea
Special K

Dinner

Tomato juice
Beef stew and vegetables
Canned pears
Dried milk or canned milk
Sanka or hot tea

Supper

Macaroni and cheese
Applesauce
Green beans
Sanka or hot tea
Canned milk

Monday

Breakfast

Prune or orange juice
Rice Krispies
Bread
Canned milk or reconstituted milk
Sanka or hot tea

Dinner

Chicken and dumplings
V-8 juice
Canned fruit cocktail
Canned milk or reconstituted milk
Sanka or hot tea

Supper

Vegetable beef soup
Peanut butter sandwiches
Canned peaches
Sanka or hot tea
Canned milk or reconstituted milk

Tuesday

Breakfast

Apple juice or prune juice
Product 19
Canned milk or reconstituted milk
Sanka or hot tea
Bread and jelly

Dinner

Ravioli beef
Applesauce
V-8 juice
Canned milk or reconstituted milk
Sanka or hot tea
Vanilla pudding

Supper

Tomato juice or apple juice
Fruit cocktail
Pork and beans
Crackers
Sanka or hot tea
Canned milk or reconstituted milk

Wednesday

Breakfast

Orange juice
Corn flakes
Bread and jelly
Canned milk or reconstituted milk
Sanka or hot tea

Dinner

Beef stew
Green beans
Bread
Sliced peaches
Dried milk or reconstituted milk
Sanka or hot tea

Supper

Manhattan chowder
Mashed potatoes
Beets
Sliced peaches
Sanka or hot tea
Canned milk or reconstituted milk