

Blog  
Readers,

JAN  
12TH,  
2012

Here's the latest in  
Food & FILMS in  
this CALIF PRISON.

Sincerely,  
Michael  
Singh

## The Media Center and your MAC proudly Present

Jan 5	①	Colombiana	②	Something Borrowed
Jan 12	①	Cowboys & Aliens	②	House Bunny
Jan 19	①	Real Steel	②	The Help
Jan 26	①	Captain America	②	Vicki Christina Barcelona
Feb 2	①	Abduction	②	G.I. Jane
Feb 9	①	Contagion	②	Serenity
Feb 16	①	Harry Potter: Deathly Hollows Pt. 2	②	One Day
Feb 23	①	Hangover	②	Crazy Stupid Love
Mar 1	①	Zookeeper	②	A Better Life
Mar 8	①	Larry Crowne	②	The Perfect Game
Mar 15	①	Twilight	②	Hall Pass
Mar 22	①	Twilight New Moon	②	Prom
Mar 29	①	Twilight Saga: Eclipse	②	Warrior

All movies subject to change due to availability.

## Standardized Inmate Menu

(Modified - Reflects changes)   
 Quarter 2, Week 13

Mike

	Breakfast	Lunch	Dinner
<b>TUE</b>	Fruit Juice Hot Cereal Pancakes Syrup Margarine Peasnt Butter (1oz) Non-Fat Milk, 1-Pint Coffee	Lunch Meat w/ Cheese Wheat Bread Mustard Almonds Cranberry Crackers Fresh Fruit Fruit	Toasted Green Salad Salad Dressing Subsinary Steak Beef Gravy Baked Potato Vegetable of the Day Dinner Roll Fruit Cylage Beverage
<b>WED</b>	Fruit Juice Hot Cereal Boiled Eggs Bread Toast Lentil Margarine Non-Fat Milk, 1-Pint Coffee	Cheese Peasnt Butter Jelly Wheat Bread Cheese Cookies Fresh Fruit Fruit	Meat: Beef Patty Vegetarian: Beans Coleslaw Salad Chicken Olive Mein w/ Noodles Steamed Rice Vegetable of the Day Wheat Bread Cake Beverage
<b>THU</b>	Fruit Juice Hot Cereal Creamed Beef Biscuit Hot-Bottom Pancakes (2-Pint) Non-Fat Milk, 1-Pint Coffee	Lunch Meat w/ Cheese Wheat Bread Mustard Margarine Cookies Fresh Fruit Fruit	Meat: Chicken Patty Vegetarian: Beans Toasted Green Salad Salad Dressing Beef Gravy Egg Noodles Vegetable of the Day Dinner Roll Baking Beverage
<b>FRI</b>	Boiled Eggs Fruit Fruit Hot Cereal Scrambled Eggs Fruit Berries Margarine Non-Fat Milk, 1-Pint Coffee	Cheese Lunch Meat w/ Cheese Hotdog Roll Mustard Margarine Cookies Fresh Fruit Fruit	Meat: Turkey Franks Vegetarian: Pinto Beans Salad w/dressing Chicken Tetrazini Vegetable of the Day Corn Bread Margarine Cake Beverage
<b>SAT</b>	Fruit Fruit Hot Cereal Turkey Eggs Waffles Syrup Margarine Non-Fat Milk, 1-Pint Coffee	Cheese Peasnt Butter Jelly Wheat Bread Snack Pack Graham Crackers Fresh Fruit Fruit	Meat: Turkey Franks Vegetarian: Pinto Beans Coleslaw Salad Breaded Fish Maccaroni & Cheese Vegetable of the Day Wheat Bread Tartar Sauce Cake Beverage
<b>SUN</b>	Peasnt Butter (2-oz) Fruit Juice Hot Cereal Fried Eggs Sausage Links Fruit Potatoes (2) Tuna Margarine Non-Fat Milk, 1-Pint Coffee	Peasnt Butter (2-oz) Lunch Meat w/ Cheese Wheat Bread Mustard Margarine Cookies Fresh Fruit Fruit	Meat: Beef Patty Vegetarian: Potatoes/Cheese Toasted Green Salad Salad Dressing BBQ Roast Beef Potato Wedges Black Eyed Peas Cake Wheat Bread Chocolate Milk

Meat: 60, Vegetarian: 60, Beans: 60, Potatoes: 60

Shaded items denote Religious Substitutions. Use in place of meat items when inmate presents a valid AH-SP Religious Dietary Card.

# Standardized Inmate Menu

(Modified - Feedbacks Ongoing Changes)

Quarter 3, Week 1

	BREAKFAST	LUNCH	DINNER
<b>MON</b>	Fresh Juice Hot Cereal Pancakes Springs Margaritas Peanut Butter (2oz) Hot Fat Milk, 1/2 Pint Coffee	French Bread w/ Cheese Wheat Bread Mashed Almonds Chicken Crackers Fresh Fruit French	Fresh Green Salad Salad Dressing Cheese Encrusted Mexican Beans Steamed Rice Salsa Ice Cream Beverage
<b>TUE</b>	Fresh Juice Hot Cereal Cinnamon Bread Biscuits Baked Beans Potatoes (1/2 Pint) Hot Fat Milk, 1/2 Pint Coffee	Cheese Peanut Butter Jelly Wheat Bread Edamame Crackers Fresh Fruit French	Meat, Chicken Patty Vegetarian, Broccoli Cheese Tortilla Green Salad Salad Dressing Soylent w/ Meat Sauce Soylent NoMeat Vegetable of the Day Hot Hot Margaritas Coke Beverage
<b>WED</b>	Baked Eggs Fresh Juice Hot Cereal Soylent Egg Peanut Butter Tortillas Salsa Hot Fat Milk, 1/2 Pint Coffee	French Bread w/ Cheese Wheat Bread Mashed Peanut Butter Crackers Edamame Crackers Fresh Fruit French	Meat, Beef Patty Vegetarian, Beans Tortilla Green Salad Salad Dressing Chicken Casserole Steamed Potatoes Vegetable of the Day Wheat Bread Pudding Beverage
<b>THU</b>	Fresh Fruit Gold Cereal Baked Eggs Fried Potatoes (F) Soylent Margaritas Hot Fat Milk, 1/2 Pint Coffee	Cheese French Bread w/ Cheese Mashed Mustard Margaritas Edamame Fresh Fruit French	Meat, Chicken Patty Vegetarian, Broccoli Cheese Macaroni Salad Hot Hot BBQ Sauce Edamame Vegetable of the Day Hot Hot Biscuits Beverage
<b>FRI</b>	Ground Beef Hot Cereal Baked Eggs Soylent Gully Hot Fat Milk, 1/2 Pint Coffee	Cheese Peanut Butter Jelly Wheat Bread Swish Pack Edamame Crackers Fresh Fruit French	Meat, Turkey French Vegetarian, Cheese Tortilla Green Salad Baked Fish Taco Sauce Soylent Potatoes (Hot) Vegetable of the Day Green Beans Coke Beverage
<b>SAT</b>	Fresh Fruit Hot Cereal Turkey Hot Waffles Springs Margaritas Hot Fat Milk, 1/2 Pint Coffee	French Bread (2 oz) Tuna Wheat Bread Margaritas Mashed Hot Hot Soylent Peanut Butter Crackers Fresh Fruit Coke French	Cheese Scalloped Potatoes Coke & Potatoes Salad Chicken Patty Pasta Marinara Vegetable of the Day Wheat Bread Jelly w/ Fruit Beverage
<b>SUN</b>	Fresh Juice Hot Cereal Fried Eggs Soylent Turkey Fried Potatoes (F) Tortilla Margaritas Hot Fat Milk, 1/2 Pint Coffee	Peanut Butter & Jelly French Bread w/ Cheese Wheat Bread Mashed Coke & Pickle Fresh Fruit Coke Pasta French	Meat, Beef Patty Vegetarian, Potato Wedges Hot Hot Beef Patty Hot Hot Cheese Lettuce, Tomato, Onion & Pickle Potato Wedges Vegetable of the Day Hot Hot Jelly w/ Fruit Beverage

Standardized Inmate Menu - Feedbacks Ongoing Changes - Quarter 3, Week 1

Standard Items also include Religious Snacks/Drinks. Use in place of meal items when alternate presents a valid MCSO Religious Dietary Card.



**Standardized Inmate Menu**

(Menu Item - Reflects Ongoing Changes)

**Quarter 3, Week 2***Mike*

	Breakfast	Lunch	Dinner
<b>M O N</b>	Fruit Juice Hot Cereal Pancakes Syria Margarine Peas and Butter (2oz) Non Fat Milk, 1/2 Pint Coffee	Lunch Meat w/ Cheese Mustard Milk Graham Crackers Fresh Fruit French	Tossed Green Salad Salad Dressing Chicken Ala King Steamed Rice Vegetable of the Day Corn Bread Breads Beverage
<b>T U E</b>	Fruit Juice Hot Cereal Scrambled Eggs Peanut Butter Tortillas Salsa Non Fat Milk, 1/2 Pint Coffee	Cheese Peanut Butter Jelly Mustard Chips Cookies Fresh Fruit French	Hot Beef Curry Vegetarian Salsa w/ dressing Beef Teriyaki (5) Pasta Vegetable of the Day Dinner Roll Margarine Cakes Beverage
<b>W E D</b>	Fruit Juice Cold Cereal Hot Cereal Biscuits Eggs Margarine Non Fat Milk, 1/2 Pint Coffee	Lunch Meat w/ Cheese White Bread Mustard Peanut Butter Crackers Graham Crackers Fresh Fruit French	Hot Beef Curry Vegetarian Tossed Green Salad Salad Dressing Bean & Cheese Burrito Spanish Rice Mexican Beans Vegetable of the Day Salsa Pudding Beverage
<b>T H U</b>	Canned Fruit Hot Cereal Breakfast Pastry Sausage Patty Non Fat Milk, 1/2 Pint Coffee	Cheese Lunch Meat w/ Cheese Hot Roll Mustard Mayonnaise Breads Cookies Fresh Fruit French	Hot Beef Curry Vegetarian Tossed Green Salad Salad Dressing BBQ Chicken Black-eyed Peas Steamed Rice Wheat Bread Cakes Beverage
<b>F R I</b>	Fruit Juice Hot Cereal Canned Beef Hot Cereal Hot Brown Potatoes (Deliv) Non Fat Milk, 1/2 Pint Coffee	Peanut Butter Jelly White Bread Sausage Patty Graham Crackers Fresh Fruit French	Hot Beef Curry Vegetarian Three Bean Salad Steamed Fish Lard Sauce Scalloped Potatoes (Deliv) Baked Beans Vegetable of the Day Corn Bread Tortillas Beverage
<b>S A T</b>	Canned Fruit Hot Cereal French Toast Turkey Ham Margarine Syrup Non Fat Milk, 1/2 Pint Coffee	Yeast White Bread Mayonnaise Butter Rolls Cookies Peanut Butter Crackers Fresh Fruit French	Hot Beef Curry Vegetarian Coleslaw Salad Cold Macaroni Wheat Bread Margarine Vegetable of the Day Ice Cream Beverage
<b>S U N</b>	Fruit Juice Hot Cereal Hard Boiled Eggs Scalloped Potatoes (Deliv) Tortillas Margarine Jelly Non Fat Milk, 1/2 Pint Coffee	Peanut Butter (2 oz) Bacon Mustard Carrot Sticks Fresh Fruit Cookies Pretzels French	Hot Beef Curry Vegetarian Grilled Beef Patty Hamburger Bun Cheese Lettuce, Tomatoes, Onion & Pickle Potato Wedges Vegetable of the Day Hot Chocolate Ice Cream Beverage

**Menu's Subject to Change Without Notice**

Shaded items denote religious substitutions. Use in place of meat items when inmate presents a valid MCSI Religious Dietary Card.