

Another thing that amused Costa was to hear the men complaining about the food, for he knew that the majority of them at home lived on bread and olives and cheese. He rather smiled at himself when he thought of the little basket of food that he had brought with him, though he was glad that he had the oranges. But on the whole, the food was quite as good as he had been used to, even after the days of prosperity began. Here is his bill of fare for a week:

Monday: Breakfast, Stew, coffee, bread  
Dinner, Pea soup, meat with potatoes  
Supper, Crackers, stock-fish with potatoes

Tuesday: Breakfast, Cheese, coffee, bread  
Dinner, Macaroni soup, stewed peas  
Supper, Meat with potatoes, walnuts

Wednesday: Breakfast, Prunes, tea, bread  
Dinner, Stew, olives, cheese  
Supper, Stock-fish with potatoes

Thursday: Breakfast, Sausages, coffee, bread  
Dinner, Rice with oil, boiled meat  
Supper, Spaghetti in broth, meat with potatoes

Friday: Breakfast, Tinny, tea, bread  
Dinner, Pastry in broth, meat with olives  
Supper, Ragout of meat with potatoes

Saturday: Breakfast, Herrings, coffee, bread  
Dinner, Rice, meat with beans  
Supper, Macaroni in broth, meat with cabbage

Sunday: Breakfast, Cheese, tea, bread  
Dinner, Bean soup, sardines in olive oil  
Supper, Rice with meat, tinny with potatoes

Fairchild Henry Pratt, *Greek Immigration to the United States*, New Haven 1911, p.86-105

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