Menu:

Ham steak  
Broccoli  
Macaroni and cheese with red food coloring (Christopher likes the color red, becomes very anxious when he is faced with anything yellow, and therefore always carries red food coloring with him).  
Boston Baked Beans. To canned beans, add brown sugar, mustard and Worcestershire sauce.  
Tomatoes, sliced  
Strawberries  
Red Strawberry shakes

Recipes:

None of this food is difficult to prepare so I leave it to your imagination to prepare these very simple dishes according to your own recipes.