

North Country Café

Cafeteria Hours:

Monday-Friday 6:30 am – 7:00 pm
 12:30 am – 3:30 am
 Weekend/Holiday 7:00 am – 7:00 pm
 11:00 am – 1:30 pm
 (no grill)
 12:30 am – 3:30 am

Hot Food Served:

Midnights: 12:30 am – 3:30 am
 Breakfast: 6:30 am – 10:30 am
 Lunch: 11:00 am – 2:00 pm
 11:00 am – 1:30 pm
 (grill open)
 Supper: 4:30 pm – 7:00 pm

Closed daily from 10:30-11:00 am & 2:00-2:30 pm

Day 1
Wednesday – December 2, 2009
Midnights

Garden Vegetable Soup <small>56/1/13/529</small>	\$1.29
Cream of Broccoli Cauliflower Soup <small>142/8/11/606</small>	1.19
Spaghetti & Meat Sauce <small>280/14/13/858</small>	3.59
Spaghetti Noodles <small>197/1/40/1</small>	.69
Peppercorn Steak Sandwich <small>422/24/26/497</small>	3.59
Mashed Potatoes <small>80/1/17/274</small>	.69
Peas <small>50/0/7/11</small>	.69
California Blend Vegetables <small>26/0/5/24</small>	.69
Desserts/Salads also available	

Breakfast

Scrambled Eggs <small>93/6/1</small>	\$.69
Hard-Boiled Egg <small>78/5/1</small>	.49
Sausage <small>180/16/1</small>	.49
Canadian Bacon <small>45/2/1</small>	.69
Oatmeal <small>150/0/27</small>	.69
Cream of Wheat <small>120/0/25</small>	.69
French Toast Sticks(5) <small>565/40/50/550</small>	1.09

Lunch

Beef Barley Soup <small>124/3/17/830</small>	\$1.29
Cheesy Wild Rice Soup <small>151/8/12/415</small>	1.19
Roast Turkey <small>228/11/0/1002</small>	2.39
Chicken Wings <small>350/21/10/750</small>	2.79
Au Gratin Potatoes and Ham <small>271/13/22/959</small>	1.79
Mashed Potatoes <small>80/1/17/274</small>	.69
Bread Dressing <small>162/5/24/437</small>	.69
Green Beans <small>31/0/7/3</small>	.69
Cauliflower <small>24/0/5/24</small>	.69
Oatmeal Raisin Cookie <small>116/5/18/121</small>	.35
Carrot Cake <small>658/38/74/453</small>	.89
Cottage Cheese Fruit Plate <small>222/3/36/480</small>	3.59

Supper

Cream of Tomato Soup <small>114/4/16/681</small>	\$1.19
Roast Beef <small>223/18/0/608</small>	2.79
Roast Turkey <small>228/11/0/1002</small>	2.39
Chicken Wings <small>350/21/10/750</small>	2.79
Mashed Potatoes <small>80/1/17/274</small>	.69
Parsleyed Potatoes <small>249/0/52/11</small>	.69
Baby Carrots <small>33/0/8/49</small>	.99
Mixed Vegetables <small>87/1/18/65</small>	.69
Brownie <small>407/21/55/181</small>	.99

“149/5/21/890” = Calories/fat grams/carbohydrate grams/sodium milligrams

Prices do not include employee discount

go to www.mgh.org/diet for recipes and other helpful information