



**Day 7**  
**Friday – December 3, 2010**

**Midnights**

|   |               |
|---|---------------|
| <b>Chicken Dumpling Soup</b> 231/9/23/967 | <b>\$1.29</b> |
| <b>Vegetable Beef Soup</b> 71/1/10/443    | <b>1.29</b>   |
| <b>Sesame Chicken</b> 214/8/2/126         | <b>3.59</b>   |
| <b>Chicken Stir Fry</b> 218/5/11/580      | <b>3.59</b>   |
| <b>Rice</b> 150/0/33/4                    | <b>.69</b>    |
| <b>Mashed Potatoes</b> 80/1/17/274        | <b>.69</b>    |
| <b>Green Beans</b> 24/0/4/0               | <b>.69</b>    |
| <b>Corn</b> 75/1/16/0                     | <b>.69</b>    |

**Desserts/Salads also available**

**Breakfast**

|   |              |
|---|--------------|
| <b>Scrambled Eggs</b> 93/6/0/1              | <b>\$.69</b> |
| <b>Hard-Boiled Egg</b> 78/5/0/1             | <b>.49</b>   |
| <b>Sausage</b> 237/23/0/737                 | <b>.49</b>   |
| <b>Bacon</b> 200/5/0/101                    | <b>.49</b>   |
| <b>Oatmeal</b> 150/0/28/0                   | <b>.69</b>   |
| <b>Cream of Wheat</b> 122/0/26/12           | <b>.69</b>   |
| <b>French Toast Sticks(5)</b> 565/40/50/550 | <b>1.09</b>  |

**Lunch**

|  |               |
|--|---------------|
| <b>Chicken Noodle Soup</b> 72/1/10/453       | <b>\$1.29</b> |
| <b>Lentil Soup</b> 121/2/18/742              | <b>1.29</b>   |
| <b>Roast Shoyu Glazed Salmon</b> 152/9/3/244 | <b>4.99</b>   |
| <b>Chicken Nachos</b> 529/26/42/2391         | <b>4.99</b>   |
| <b>Mashed Potatoes</b> 80/1/17/274           | <b>.69</b>    |
| <b>Rice Pilaf</b> 170/4/30/45                | <b>.89</b>    |
| <b>Acorn Squash</b> 383/11/74/155            | <b>.99</b>    |
| <b>Broccoli</b> 30/0/4/20                    | <b>.69</b>    |
| <b>Mudslide Cookie</b> 124/7/17/49           | <b>.35</b>    |
| <b>Lemon Cream Bar</b> 405/28/34/317         | <b>1.29</b>   |

**Supper**

|   |               |
|---|---------------|
| <b>Cream of Mushroom Soup</b> 85/1/13/385 | <b>\$1.19</b> |
| <b>Roast Turkey</b> 228/11/0/650          | <b>2.39</b>   |
| <b>Chicken Nachos</b> 529/26/42/2391      | <b>4.99</b>   |
| <b>Cheese Ravioli</b> 247/8/37/963        | <b>2.79</b>   |
| <b>Mashed Potatoes</b> 80/1/17/274        | <b>.69</b>    |
| <b>Candied Sweet Potatoes</b> 274/0/70/54 | <b>.99</b>    |
| <b>Baby Carrots</b> 25/0/5/50             | <b>.99</b>    |
| <b>Mandarin Vegetables</b> 27/0/5/13      | <b>.69</b>    |
| <b>Strawberry Bavarian</b> 155/3/32/131   | <b>.89</b>    |
| <b>Macaroon Cookie</b> 144/7/21/33        | <b>.35</b>    |