



Day 10
Monday – December 6, 2010

Midnights

Garden Vegetable Soup 56/1/13/529	\$1.29
Cream of Cauliflower Broccoli Soup 139/7/14/158	1.19
Pork Loin with Apple Chutney 193/6/16/48	3.99
Chicken Breast Saltimbocca 310/10/8/1210	4.99
Macaroni & Cheese 514/25/49/485	1.79
Oven Browned Potatoes 160/0/37/9	.69
Peas 53/0/11/188	.69
Brussels Sprouts 45/0/8/15	.69

Desserts/Salads also available

Breakfast

Scrambled Eggs 93/6/0/1	\$.69
Hard-Boiled Egg 78/5/0/1	.49
Sausage 237/23/0/737	.49
Canadian Bacon 45/2/0/325	.69
Oatmeal 150/0/28/0	.69
Cream of Wheat 122/0/26/12	.69
French Toast Sticks(5) 565/40/50/550	1.09

Lunch

Beef Barley Soup 124/3/17/830	\$1.29
Cheesy Vegetable Soup 148/9/12/700	1.19
Roast Turkey 228/11/0/650	2.39
Lawry's Pasty 440/24/44/920	2.99
Mashed Potatoes 80/1/17/274	.69
Bread Dressing 162/5/24/437	.69
Green Bean Caesar 180/14/12/173	.89
Cauliflower 18/0/2/8	.69
Oatmeal Raisin Cookie 108/5/16/121	.35
Blueberry Delight 337/20/35/297	1.29

Supper

Cream of Tomato Soup 114/4/16/681	\$1.19
Roast Beef 167/14/0/456	2.79
Lawry's Pasty 440/24/44/920	2.99
Mashed Potatoes 80/1/17/274	.69
Parsleyed Potatoes 232/0/53/20	.69
Green Bean Caesar 180/14/12/173	.89
Rutabagas 35/0/7/20	.69
Brownie 407/21/55/181	.99