



**Day 1**  
**Wednesday – December 15, 2010**

**Midnights**

<b>Garden Vegetable Soup</b> 56/1/13/529	<b>\$1.29</b>
<b>Cream of Broccoli Cauliflower Soup</b> 139/7/14/158	<b>1.19</b>
<b>Spaghetti &amp; Meat Sauce</b> 360/19/28/581	<b>3.59</b>
<b>Spaghetti Noodles</b> 197/1/40/1	<b>.69</b>
<b>Peppercorn Steak Sandwich</b> 378/15/37/753	<b>3.59</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Peas</b> 53/0/11/188	<b>.69</b>
<b>California Blend Vegetables</b> 20/0/4/17	<b>.69</b>
<b>Desserts/Salads also available</b>	

**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>Canadian Bacon</b> 45/2/0/325	<b>.69</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>Beef Barley Soup</b> 124/3/17/830	<b>\$1.29</b>
<b>Cheesy Wild Rice Soup</b> 151/8/12/415	<b>1.19</b>
<b>Roast Turkey</b> 228/11/0/650	<b>2.39</b>
<b>Chicken Wings</b> 350/21/10/750	<b>2.79</b>
<b>Au Gratin Potatoes and Ham</b> 297/13/28/996	<b>1.79</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Bread Dressing</b> 162/5/24/437	<b>.69</b>
<b>Green Beans</b> 24/0/4/0	<b>.69</b>
<b>Cauliflower</b> 18/0/2/8	<b>.69</b>
<b>Oatmeal Raisin Cookie</b> 108/5/16/121	<b>.35</b>
<b>Carrot Cake</b> 658/38/74/453	<b>.89</b>
<b>Cottage Cheese Fruit Plate</b> 222/3/36/480	<b>3.59</b>

**Supper**

<b>Cream of Tomato Soup</b> 114/4/16/681	<b>\$1.19</b>
<b>Roast Beef</b> 165/14/0/456	<b>2.79</b>
<b>Roast Turkey</b> 228/11/0/650	<b>2.39</b>
<b>Chicken Wings</b> 350/21/10/750	<b>2.79</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Parsleyed Potatoes</b> 232/0/53/20	<b>.69</b>
<b>Baby Carrots</b> 25/0/5/50	<b>.99</b>
<b>Mixed Vegetables</b> 45/0/9/63	<b>.69</b>
<b>Brownie</b> 407/21/55/181	<b>.99</b>