



Day 7
Tuesday – December 21, 2010

Midnights

Chicken Dumpling Soup 231/9/23/967	\$1.29
Vegetable Beef Soup 71/1/10/443	1.29
Sesame Chicken 214/8/2/126	3.59
Chicken Stir Fry 218/5/11/580	3.59
Rice 150/0/33/4	.69
Mashed Potatoes 80/1/17/274	.69
Green Beans 24/0/4/0	.69
Corn 75/1/16/0	.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
Bacon 200/5/0/101	.49
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

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

Supper

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