

# 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*

## Merry Christmas

Day 6

Friday – December 25, 2009

### Midnights

Minestrone Soup 52/0/10/398	\$1.29
Homemade Cream of Chicken Soup 130/4/13/112	1.19
Braised Short Ribs	3.99
Baked Ham	2.39
Mashed Potatoes 80/1/17/274	.69
Candied Sweet Potatoes 274/0/70/54	.99
Broccoli 30/0/6/28	.69
Riviera Blend Vegetables 15/0/2/7	.69
Holiday Cookies 283/14/37/191	.69

### Breakfast

Scrambled Eggs 93/6/1	\$ .69
Hard-Boiled Egg 78/5/1	.49
Bacon 60/5/0	.49
Oatmeal 150/0/27	.69
Malt-O-Meal 130/1/27	.69
Waffle	.49

### Lunch

Cream of Tomato Soup 114/4/16/681	\$1.19
Braised Short Ribs	3.99
Baked Ham	2.39
Mashed Potatoes 80/1/17/274	.69
Candied Sweet Potatoes 274/0/70/54	.99
Riviera Blend Vegetables 15/0/2/7	.69
Mixed Vegetables 87/1/18/65	.69
Holiday Cookies 283/14/37/191	.69

### Supper

Vegetable Beef Soup 71/1/10/443	\$1.29
Braised Short Ribs	3.99
Baked Ham	2.39
Mashed Potatoes 80/1/17/274	.69
Bread Dressing 162/5/24/437	.69
Beets 54/0/13/259	.69
Corn 108/1/26/3	.69
Chocolate Cake 481/21/72/363	.89
Holiday Cookies 283/14/37/191	.69



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

Prices do not include employee discount

go to [www.mgh.org/diet](http://www.mgh.org/diet) for recipes and other helpful information