



Day 13
Wednesday – November 3, 2010

Midnights

Beef Noodle Soup 124/3/17/830	\$1.29
Cheesy Potato Soup 208/8/26/312	1.19
Turkey Mignon 220/8/3/890	3.59
BBQ Chicken 336/17/6/233	.59
Mashed Potatoes 80/1/17/274	.69
Noodles Romanoff 499/25/47/452	.69
Corn 71/1/16/0	.69
Asparagus 14/0/2/3	.99
Desserts/Salads also available	

Breakfast

Scrambled Eggs 93/6/0/1	\$.69
Hard-Boiled Egg 78/5/0/1	.49
Bacon 200/5/0/101	.49
Sausage 237/23/0/737	.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

Cream of Cauliflower Broccoli Soup 139/7/14/158	\$1.19
Mexican Black Bean 114/2/14/480	1.29
Salmon 249/12/0/179	4.99
Chicken Cordon Bleu 410/23/17/1150	3.59
Beef Gyro 391/16/44/1061	1.99
Mashed Potatoes 80/1/17/274	.69
Baked Potato 185/0/43/13	.69
French Style Green Beans 20/0/4/0	.69
California Blend Vegetables 20/0/4/17	.69
Blueberry Banana Bread 317/12/47/224	.69
Brownie 407/21/55/181	.99

Supper

Tomato Basil Soup 96/3/15/541	\$1.29
Beef Gyro 391/16/44/1061	1.99
Chicken Cordon Bleu 410/23/17/1150	3.59
Goulash 302/10/27/654	1.79
Mashed Potatoes 80/1/17/274	.69
Baked Potato 185/0/43/13	.69
Carrots 26/0/5/45	.69
Brussels Sprouts 45/0/8/15	.69
Lemon Walnut Cookie 145/8/15/95	.35