



Day 14
Thursday – November 4, 2010

Midnights

Cream of Broccoli Cauliflower Soup 130/7/14/158	\$1.19
Tomato Basil Soup 120/19/5/653	1.29
Chicken Cordon Bleu 410/23/7/1150	3.59
Salmon 249/12/0/179	4.99
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
Desserts/Salads also available	

Breakfast

Scrambled Eggs 93/6/0/1	\$.69
Hard-Boiled Egg 78/5/0/1	.49
Breakfast Casserole Florentine 348/22/15/546	1.79
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
Bran Muffin 140/5/23/195	.69

Lunch

Minestrone Soup 52/0/10/398	\$1.29
Chili 133/5/14/527	1.29
Breaded Pork Chop 318/14/15/144	2.99
Macaroni & Cheese 514/25/49/485	1.79
Reuben Sandwich 351/16/34/1393	2.39
Mashed Potatoes 80/1/17/274	.69
Oven Brown Potatoes 160/0/37/9	.69
Asparagus 14/0/2/3	.99
Cauliflower 18/0/2/8	.69
Date Bar 442/17/71/333	.99
Oatmeal Cake 391/13/67/248	.89

Supper

Cream of Chicken Soup 130/4/13/112	\$1.19
Lasagna 684/25/66/1142	3.59
Potato Encrusted Fish 200/8/10/550	3.59
Reuben Sandwich 351/16/34/1393	2.39
Mashed Potatoes 80/1/17/274	.69
Garlic Bread 170/10/16/260	.49
Peas 53/0/11/188	.69
Rutabaga 35/0/7/20	.69
Chocolate Chip Cookie 123/7/15/64	.35