

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

Day 5
Wednesday – November 18, 2009
Midnights

Chili 175/7/18/702	1.29
Tomato Basil Soup	1.29
Szechwan Chicken	3.59
Rice 150/0/33/4	.69
Hot Dog 265/15/22/703	1.29
Chili Dog 351/18/31/1048	1.79
Mashed Potatoes 80/1/17/274	.69
French Style Green Beans 29/0/9/5	.69
California Blend Vegetables 26/0/5/24	.69
Desserts/Salads also available	

Breakfast

Scrambled Eggs 93/6/1	\$.69
Breakfast Casserole 344/21/16	1.79
Sausage 180/16/1	.49
Canadian Bacon 45/2/1	.69
Oatmeal 150/0/27	.69
Cream of Wheat 120/0/25	.69
Muffin 140/5/23	.69

Lunch

Minestrone Soup 181/3/31/1473	\$1.29
Cheesy Wild Rice Soup 237/10/28/618	1.19
Breaded Pork Chop 280/14/14/150	2.99
Reuben Casserole 584/33/45/1369	2.39
Mashed Potatoes 80/1/17/274	.69
Noodles Romanoff	.69
Asparagus 37/0/6/12	.99
Cauliflower 24/0/5/24	.69
Date Bar 442/17/71/212	.99
Coconut Cream Pie 264/13/35/327	1.49

Supper

Homemade Cream of Chicken Soup 173/5/17/1483	\$1.19
Lasagna 684/25/66/1142	3.59
Breaded Pork Chop 280/14/14/150	2.99
Grilled Veggie Sandwich 377/14/45/930	2.79
Mashed Potatoes 80/1/17/274	.69
Garlic Bread 170/10/16/260	.49
Peas 50/0/7/11	.69
Riviera Vegetables 15/0/2/7	.69
Chocolate Chip Cookie 123/7/15/64	.35

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

Prices do not include employee discount

go to www.mgh.org/diet for recipes and other helpful information