

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 7
Friday – November 20, 2009
Midnights

Chicken Dumpling Soup 351/14/34/1464	1.29
Vegetable Beef Soup	1.29
Sesame Chicken 436/25/15/313	3.59
Chicken Stir Fry 211/6/11/1312	3.59
Rice 150/0/33/4	.69
Mashed Potatoes 80/1/17/274	.69
Green Beans 31/0/7/3	.69
Corn 108/1/26/3	.69

Desserts/Salads also available

Breakfast

Scrambled Eggs 93/6/1	\$.69
Sausage 180/16/1	.49
Bacon 60/5/0	.49
Oatmeal 150/0/27	.69
Cream of Wheat 120/0/25	.69
French Toast Sticks(5) 565/40/50/550	1.09

Lunch

Chicken Noodle Soup 143/3/19/937	\$1.29
Lentil Soup 150/2/23/213	1.29
Cod Almondine 225/14/5/179	2.99
Chicken Nachos 529/26/42/2391	4.99
Mashed Potatoes 80/1/17/274	.69
Rice Pilaf 151/4/25/162	.89
Acorn Squash 383/11/74/155	.99
Broccoli 30/0/6/28	.69
Mudslide Cookie 354/20/49/73	.35
Lemon Cream Bar 405/28/34/317	1.29

Supper

Homemade Cream of Mushroom Soup 93/2/13/1143	\$1.19
Roast Turkey 228/11/0/1002	2.39
Chicken Nachos 529/26/42/2391	4.99
Cheese Ravioli	2.79
Mashed Potatoes 80/1/17/274	.69
Candied Sweet Potatoes 274/0/70/54	.99
Baby Carrots 33/0/8/49	.99
Mandarin Vegetables 40/0/70/20	.69
Macaroon Cookie 144/7/21/31	.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