



**Day 14**  
**Monday – November 22, 2010**

**Midnights**

<b>Cream of Broccoli Cauliflower Soup</b> 130/7/14/158	<b>\$1.19</b>
<b>Tomato Basil Soup</b> 120/19/5/653	<b>1.29</b>
<b>Chicken Cordon Bleu</b> 410/23/7/1150	<b>3.59</b>
<b>Salmon</b> 249/12/0/179	<b>4.99</b>
<b>Mashed Potatoes</b> 80/1/17/274	<b>.69</b>
<b>Baked Potato</b> 185/0/43/13	<b>.69</b>
<b>French Style Green Beans</b> 20/0/4/0	<b>.69</b>
<b>California Blend Vegetables</b> 20/0/4/17	<b>.69</b>
<b>Desserts/Salads also available</b>	

**Breakfast**

<b>Scrambled Eggs</b> 93/6/0/1	<b>\$.69</b>
<b>Hard-Boiled Egg</b> 78/5/0/1	<b>.49</b>
<b>Breakfast Casserole Florentine</b> 348/22/15/546	<b>1.79</b>
<b>Sausage</b> 237/23/0/737	<b>.49</b>
<b>Canadian Bacon</b> 45/2/0/325	<b>.69</b>
<b>Oatmeal</b> 150/0/28/0	<b>.69</b>
<b>Cream of Wheat</b> 122/0/26/12	<b>.69</b>
<b>Bran Muffin</b> 140/5/23/195	<b>.69</b>

**Lunch**

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

**Supper**

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