



Day 4
Tuesday – November 30, 2010

Midnights

Beef Noodle Soup <small>119/4/12/585</small>	\$1.29
Cheesy Potato Soup <small>208/8/26/312</small>	1.19
Meatloaf <small>220/10/10/291</small>	1.99
BBQ Chicken <small>336/17/6/233</small>	3.59
Mashed Potatoes <small>80/1/17/274</small>	.69
Noodles Romanoff <small>381/17/39/339</small>	.69
Corn <small>75/1/16/0</small>	.69
Asparagus <small>14/0/2/3</small>	.99
Desserts/Salads also available	

Breakfast

Scrambled Eggs <small>93/6/0/1</small>	\$.69
Hard-Boiled Egg <small>78/5/0/1</small>	.49
Sausage <small>237/23/0/737</small>	.49
Bacon <small>200/5/0/101</small>	.49
Oatmeal <small>150/0/28/0</small>	.69
Cream of Wheat <small>122/0/26/12</small>	.69
French Toast Sticks(5) <small>565/40/50/550</small>	1.09
Banana Foster Bread Pudding <small>624/37/67/535</small>	.89

Lunch

Cream of Cauliflower Broccoli Soup <small>142/8/11/606</small>	\$1.19
Chili <small>175/7/18/702</small>	1.29
Salmon <small>249/12/0/179</small>	4.99
Szechwan Chicken <small>165/7/18/1930</small>	3.59
Hot Dog <small>265/15/22/703</small>	1.29
Chili Dog <small>351/18/31/1048</small>	1.79
Mashed Potatoes <small>80/1/17/274</small>	.69
Rice <small>150/0/33/4</small>	.69
French Style Green Beans <small>20/0/4/0</small>	.69
California Blend Vegetables <small>20/0/4/17</small>	.69
Blueberry Banana Bread <small>317/12/47/224</small>	.69
Brownies <small>407/21/55/181</small>	.99

Supper

Tomato Basil Soup <small>96/3/15/541</small>	\$1.29
Beef Stroganoff <small>329/13/28/575</small>	3.59
Szechwan Chicken <small>165/7/18/1930</small>	3.59
Salmon <small>249/12/0/179</small>	4.99
Mashed Potatoes <small>80/1/17/274</small>	.69
Noodles <small>197/1/40/1</small>	.69
Rice <small>150/0/33/4</small>	.69
Carrots <small>26/0/5/45</small>	.69
Brussels Sprouts <small>45/0/8/15</small>	.69
Lemon Walnut Cookie <small>145/8/15/95</small>	.35