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## BAGELS

BAGELS PRESLICED (FINAGLE)

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	487.30
<b>fat (gm)</b>	2.80
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	946.20
<b>carbs (gm)</b>	94.60
<b>fiber (gm)</b>	4.10
<b>protein (gm)</b>	18.60

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VERNEY-WOOLLEY DINING

1/25/12

BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES, SHREDDED CHEDDAR CHEESE, TOMATOES, GREEN PEPPERS, HAM , DICED WHITE ONIONS, MUSHROOMS, OIL PAN COATING SPRAY AEROSOL SOY, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.60
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.50

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VERNEY-WOOLLEY DINING

1/25/12

BREAKFAST

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## FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

### Nutrition Facts

<b>Portion Size</b>	3.500 oz Portion
<b>calories</b>	126.80
<b>fat (gm)</b>	8.80
<b>sat fat (gm)</b>	2.70
<b>chol (mg)</b>	375.20
<b>sodium (mg)</b>	124.20
<b>carbs (gm)</b>	0.70
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.20

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VERNEY-WOOLLEY DINING

1/25/12

BREAKFAST

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**GRILLED SLICED BACON**

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SLICED BACON

**Nutrition Facts**

<b>Portion Size</b>	2 SLICE
<b>calories</b>	26.60
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	5.60
<b>sodium (mg)</b>	50.60
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	1.90

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**VERNEY-WOOLLEY DINING**      **1/25/12****BREAKFAST**

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**HARD BOILED EGGS**

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EGGS SHELL ORGANIC-CAGE FREE

**Nutrition Facts**

<b>Portion Size</b>	3.600 oz Portion
<b>calories</b>	113.00
<b>fat (gm)</b>	7.90
<b>sat fat (gm)</b>	2.40
<b>chol (mg)</b>	334.30
<b>sodium (mg)</b>	110.60
<b>carbs (gm)</b>	0.60
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	9.90

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**VERNEY-WOOLLEY DINING**      **1/25/12****BREAKFAST**

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**PANCAKES**

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WATER, PANCAKE MIX DELUXE, MAPLE SYRUP

**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	207.00
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	4.00
<b>sodium (mg)</b>	396.80
<b>carbs (gm)</b>	46.30
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	4.00

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**VERNEY-WOOLLEY DINING**      **1/25/12****BREAKFAST**

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## SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT,  
GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	163.90
<b>fat (gm)</b>	10.70
<b>sat fat (gm)</b>	3.50
<b>chol (mg)</b>	422.80
<b>sodium (mg)</b>	397.10
<b>carbs (gm)</b>	2.30
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	13.60

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VERNEY-WOOLLEY DINING

1/25/12

BREAKFAST

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## HOME FRIES FRZ

POTATOES, GRANULATED GARLIC, SALT,  
GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	198.30
<b>fat (gm)</b>	10.40
<b>sat fat (gm)</b>	4.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	66.10
<b>carbs (gm)</b>	25.60
<b>fiber (gm)</b>	1.80
<b>protein (gm)</b>	2.90

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VERNEY-WOOLLEY DINING

1/25/12

BREAKFAST

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## BLUEBERRY CORN MUFFINS

FIESTA MUFFIN MIX, WATER, BLUEBERRIES  
WILD FROZEN, CORN MEAL, VEGETABLE  
SALAD OIL

### Nutrition Facts

<b>Portion Size</b>	~MUFFINS
<b>calories</b>	199.70
<b>fat (gm)</b>	6.60
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	5.30
<b>sodium (mg)</b>	210.20
<b>carbs (gm)</b>	32.40
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	3.60

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VERNEY-WOOLLEY DINING

1/25/12

BREAKFAST

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## COUNTRY WEDDING SOUP

WATER, WHITE RICE, GREEN LEAF LETTUCE, TOMATOES, HAM , DICED WHITE ONIONS, WHITE MEAT TURKEY , DARK MEAT TURKEY , BASE CHICKEN SAVORY RSTD NO MSG, CARROTS, CELERY, BREAD CRUMBS, SCALLIONS BUNCHES, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, SPICE GARLIC POWDER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	71.30
<b>fat (gm)</b>	1.00
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	10.60
<b>sodium (mg)</b>	95.40
<b>carbs (gm)</b>	10.40
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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## VEGETARIAN CORN CHOWDER

CREAMED CORN, POTATOES, WHOLE MILK, WATER, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	106.10
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.90
<b>chol (mg)</b>	5.50
<b>sodium (mg)</b>	435.10
<b>carbs (gm)</b>	20.70
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	3.00

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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## CHEESE CREAM SAUCE

WHOLE MILK, CHEDDAR CHEESE SAUCE, SHREDDED CHEDDAR CHEESE, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	62.80
<b>fat (gm)</b>	3.40
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	9.20
<b>sodium (mg)</b>	201.50
<b>carbs (gm)</b>	5.20
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	2.30

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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**CHICKEN SALAD COLD PLATE**

CHICKEN MEAT CKD 1/2" FRZ, FRESH  
CELERY STALKS, MAYONNAISE , SALT,  
GROUND WHITE PEPPER

**Nutrition Facts**

**Portion Size** 4 oz Portion  
**calories** 266.50  
**fat (gm)** 20.40  
**sat fat (gm)** 3.30  
**chol (mg)** 59.40  
**sodium (mg)** 415.10  
**carbs (gm)** 0.90  
**fiber (gm)** 0.50  
**protein (gm)** 18.60

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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**HAMBURGER ON A BUN**

HAMBURGER BUN, BEEF CHUCK BONELESS

**Nutrition Facts**

**Portion Size** 3.600 oz Portion  
**calories** 291.20  
**fat (gm)** 13.90  
**sat fat (gm)** 4.90  
**chol (mg)** 61.70  
**sodium (mg)** 270.90  
**carbs (gm)** 18.80  
**fiber (gm)** 0.00  
**protein (gm)** 21.80

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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**Italian Marinated Chicken**

CHICKEN BREAST BNLSKL 4oz, KEN'S  
ITALIAN LITE DRESSING, SALT,  
GRANULATED GARLIC, GROUND BLACK  
PEPPER

**Nutrition Facts**

**Portion Size** portion  
**calories** 210.20  
**fat (gm)** 7.30  
**sat fat (gm)** 1.40  
**chol (mg)** 89.60  
**sodium (mg)** 483.10  
**carbs (gm)** 1.60  
**fiber (gm)** 0.00  
**protein (gm)** 32.80

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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## ITALIAN MEATBALLS W/SAUCE

BEEF CHUCK BONELESS, WATER, TOMATOES, BREAD CRUMBS, WHOLE MILK, DICED WHITE ONIONS, GRATED ROMANO CHEESE , VIRGIN OLIVE OIL, SALT, GRANULATED CANE SUGAR, FRESH PARSLEY, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, GRANULATED GARLIC, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	338.00
<b>fat (gm)</b>	19.20
<b>sat fat (gm)</b>	7.30
<b>chol (mg)</b>	84.80
<b>sodium (mg)</b>	563.50
<b>carbs (gm)</b>	11.30
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	28.10

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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## MEDITERRANEAN EGGPLANT SAUTE

TOMATOES, EGG PLANT, ZUCCHINI SQUASH, CAPERS, VIRGIN OLIVE OIL, LEMON JUICE, GARLIC CHOPPED/IN OIL, GROUND BASIL, GROUND OREGANO, SALT, CRUSHED RED PEPPER, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	2oz portion
<b>calories</b>	27.40
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	58.00
<b>carbs (gm)</b>	2.70
<b>fiber (gm)</b>	1.10
<b>protein (gm)</b>	0.50

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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## SATURDAY NIGHT JAMBALAYA

WHITE RICE, PORK BUTT BOSTON #406 4-8, KIELBASA RING, WATER, BEEF CHUCK BONELESS, DICED WHITE ONIONS, SOY SAUCE, SCALLIONS BUNCHES, VEGETABLE SALAD OIL, BASE CHICKEN SAVORY RSTD NO MSG, FRESH PARSLEY, GROUND BLACK PEPPER, GARLIC CHOPPED/IN OIL, GROUND CAYENNE PEPPER

### Nutrition Facts

<b>Portion Size</b>	8.500 oz Portion
<b>calories</b>	389.00
<b>fat (gm)</b>	14.60
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	56.60
<b>sodium (mg)</b>	1018.30
<b>carbs (gm)</b>	41.20
<b>fiber (gm)</b>	0.90
<b>protein (gm)</b>	20.90

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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**SLICED AMERICAN CHEESE**

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AMERICAN CHEESE

**Nutrition Facts**

<b>Portion Size</b>	SLICE
<b>calories</b>	52.20
<b>fat (gm)</b>	4.50
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	11.20
<b>sodium (mg)</b>	253.70
<b>carbs (gm)</b>	0.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	3.00

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**VERNEY-WOOLLEY DINING****1/25/12****LUNCH**

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**SLICED PASTRAMI**

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PASTRAMI ROUNDS

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	78.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	36.60
<b>sodium (mg)</b>	476.70
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.70

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**VERNEY-WOOLLEY DINING****1/25/12****LUNCH**

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**SLICED SWISS CHEESE**

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SWISS CHEESE

**Nutrition Facts**

<b>Portion Size</b>	1 oz Portion
<b>calories</b>	108.00
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.00
<b>sodium (mg)</b>	67.50
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	8.10

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**VERNEY-WOOLLEY DINING****1/25/12****LUNCH**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	45.60
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	20.20
<b>sodium (mg)</b>	445.50
<b>carbs (gm)</b>	1.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.10

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**VERNEY-WOOLLEY DINING****1/25/12****LUNCH**

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**SPAGHETTI SAUCE**

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WATER, TOMATOES, DICED WHITE ONIONS,  
VIRGIN OLIVE OIL, GRANULATED CANE  
SUGAR, SALT, GARLIC CHOPPED/IN OIL,  
GROUND BLACK PEPPER, BASIL LEAVES,  
CRUSHED RED PEPPER, OREGANO**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	58.40
<b>fat (gm)</b>	2.10
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	383.90
<b>carbs (gm)</b>	8.30
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	1.60

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**VERNEY-WOOLLEY DINING****1/25/12****LUNCH**

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**VEGAN THREE BEAN CASSEROLE**

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KIDNEY BEANS, GREAT NORTHERN BEANS,  
TOMATOES, BABY LIMA BEANS, GREEN  
PEPPERS, RED PEPPERS, DICED WHITE  
ONIONS, VEGETABLE SALAD OIL, GARLIC  
CHOPPED/IN OIL, GROUND OREGANO,  
SPICE DILL WEED WHL, BAY LEAVES**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	204.70
<b>fat (gm)</b>	5.10
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	413.50
<b>carbs (gm)</b>	29.20
<b>fiber (gm)</b>	3.20
<b>protein (gm)</b>	9.50

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**VERNEY-WOOLLEY DINING****1/25/12****LUNCH**

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## VEGETARIAN SPINACH STRUDEL

PUFF PASTRY SHEETS, SPINACH,  
SHREDDED CHEDDAR CHEESE, HALF &  
HALF CREAM, EGGS SHELL ORGANIC-CAGE  
FREE, GROUND BLACK PEPPER, SALT

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	568.90
<b>fat (gm)</b>	42.50
<b>sat fat (gm)</b>	14.80
<b>chol (mg)</b>	66.20
<b>sodium (mg)</b>	405.80
<b>carbs (gm)</b>	32.00
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	17.10

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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## VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL, ROLLS BULKIE  
WHEAT CALISE

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	204.30
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	8.20
<b>sodium (mg)</b>	680.30
<b>carbs (gm)</b>	31.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.40

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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## MIXED VEGETABLES

MIXED VEGETABLES

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	56.60
<b>fat (gm)</b>	0.10
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	30.50
<b>carbs (gm)</b>	11.40
<b>fiber (gm)</b>	3.80
<b>protein (gm)</b>	2.50

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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**PENNE**

PASTA PENNE (MOSTACCIOLI), VIRGIN OLIVE OIL

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	8 oz Portion
<b>calories</b>	342.00
<b>fat (gm)</b>	3.70
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	2.10
<b>carbs (gm)</b>	63.70
<b>fiber (gm)</b>	3.70
<b>protein (gm)</b>	12.00

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**VERNEY-WOOLLEY DINING      1/25/12      LUNCH**

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**SAUTEED SPINACH W/GARLIC**

SPINACH, MARGARINE 1# SOLIDS (MILK FREE), VIRGIN OLIVE OIL, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	3 oz Portion
<b>calories</b>	50.30
<b>fat (gm)</b>	3.60
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	66.40
<b>carbs (gm)</b>	3.50
<b>fiber (gm)</b>	1.80
<b>protein (gm)</b>	2.50

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**VERNEY-WOOLLEY DINING      1/25/12      LUNCH**

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**STEAK FRIES**

STEAK FRIES - POTATOES FROZEN

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	3 oz Portion
<b>calories</b>	110.20
<b>fat (gm)</b>	2.70
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	270.40
<b>carbs (gm)</b>	19.60
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	1.90

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**VERNEY-WOOLLEY DINING      1/25/12      LUNCH**

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## VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER, WATER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	149.10
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	10.10
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	2.50
<b>protein (gm)</b>	3.50

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VERNEY-WOOLLEY DINING

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LUNCH

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## VEGAN NEW POTATOES VINAIGRETTE

RED BLISS POTATOES, VEGETABLE SALAD OIL, WATER, WHITE VINEGAR, FRESH PARSLEY, GREY POUPON DIJON MUSTARD, FROZEN CHOPPED CHIVES, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	218.80
<b>fat (gm)</b>	12.80
<b>sat fat (gm)</b>	1.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	101.30
<b>carbs (gm)</b>	23.30
<b>fiber (gm)</b>	2.30
<b>protein (gm)</b>	2.20

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VERNEY-WOOLLEY DINING

1/25/12

LUNCH

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## Greek Salad Bar Parstock VW

ROMAINE LETTUCE, TOMATOES, CUCUMBER, SALAD CHOPPED GREEN, SHREDDED CHEDDAR CHEESE, GARBANZO BEANS, GREEN PEPPERS, FETA CHEESE, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, RED PEPPERS, KEN'S CAESAR CREAMY DRESSING, RED ONIONS, BROCCOLI FLORETTE, TURKEY BREAST, KALMATA GREEK OLIVES, LOW FAT COTTAGE CHEESE, KIDNEY BEANS, KEN'S ITALIAN LITE DRESSING, KEN'S THOUSAND ISLAND DRESSING, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, MEDIUM SHELLS, BELGIUM CARROTS, MUSHROOMS, GRATED ROMANO CHEESE, CRK OYSTER DOTS .5 OZ CROUTONS, IMITATION BACON BITS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	116.20
<b>fat (gm)</b>	8.20
<b>sat fat (gm)</b>	2.20
<b>chol (mg)</b>	23.60
<b>sodium (mg)</b>	275.20
<b>carbs (gm)</b>	6.70
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.10

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VERNEY-WOOLLEY DINING

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LUNCH

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## M&M COOKIE

CAKE FLOUR, BUTTER, M&M PLAIN, LIGHT BROWN SUGAR, EGGS - LIQUID, GRANULATED CANE SUGAR, BAKING SODA, VANILLA EXTRACT

### Nutrition Facts

<b>Portion Size</b>	~1.25 OZ. COOKIE
<b>calories</b>	159.10
<b>fat (gm)</b>	8.60
<b>sat fat (gm)</b>	2.30
<b>chol (mg)</b>	15.00
<b>sodium (mg)</b>	88.10
<b>carbs (gm)</b>	19.20
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	1.50

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VERNEY-WOOLLEY DINING 1/25/12

LUNCH

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## COUNTRY WEDDING SOUP

WATER, WHITE RICE, GREEN LEAF LETTUCE, TOMATOES, HAM, DICED WHITE ONIONS, WHITE MEAT TURKEY, DARK MEAT TURKEY, BASE CHICKEN SAVORY RSTD NO MSG, CARROTS, CELERY, BREAD CRUMBS, SCALLIONS BUNCHES, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, SPICE GARLIC POWDER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	71.30
<b>fat (gm)</b>	1.00
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	10.60
<b>sodium (mg)</b>	95.40
<b>carbs (gm)</b>	10.40
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## VEGETARIAN CORN CHOWDER

CREAMED CORN, POTATOES, WHOLE MILK, WATER, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	106.10
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.90
<b>chol (mg)</b>	5.50
<b>sodium (mg)</b>	435.10
<b>carbs (gm)</b>	20.70
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	3.00

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## CHICKEN SALAD COLD PLATE

CHICKEN MEAT CKD 1/2" FRZ, FRESH  
CELERY STALKS, MAYONNAISE , SALT,  
GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	266.50
<b>fat (gm)</b>	20.40
<b>sat fat (gm)</b>	3.30
<b>chol (mg)</b>	59.40
<b>sodium (mg)</b>	415.10
<b>carbs (gm)</b>	0.90
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	18.60

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VERNEY-WOOLLEY DINING

1/25/12

DINNER

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## MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK  
BONELESS, DICED WHITE ONIONS, VIRGIN  
OLIVE OIL, GRANULATED CANE SUGAR,  
SALT, GARLIC CHOPPED/IN OIL, GROUND  
BLACK PEPPER, BASIL LEAVES, CRUSHED  
RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	115.30
<b>fat (gm)</b>	6.20
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	23.30
<b>sodium (mg)</b>	290.70
<b>carbs (gm)</b>	6.00
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	8.20

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VERNEY-WOOLLEY DINING

1/25/12

DINNER

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## ROAST TURKEY

TURKEY, WATER, MARGARINE 1# SOLIDS  
(MILK FREE), UNBLEACHED FLOUR, WHITE  
ONION, CARROTS, CELERY, TURKEY BASE,  
GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	172.60
<b>fat (gm)</b>	5.40
<b>sat fat (gm)</b>	1.50
<b>chol (mg)</b>	92.00
<b>sodium (mg)</b>	213.70
<b>carbs (gm)</b>	3.30
<b>fiber (gm)</b>	0.20
<b>protein (gm)</b>	25.90

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VERNEY-WOOLLEY DINING

1/25/12

DINNER

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**SHELLS WITH BROCCOLI**

MEDIUM SHELLS, BROCCOLI FLORETTE,  
VIRGIN OLIVE OIL, GARLIC CHOPPED/IN OIL,  
GRATED ROMANO CHEESE , GROUND  
BLACK PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 OZ
<b>calories</b>	851.60
<b>fat (gm)</b>	24.00
<b>sat fat (gm)</b>	4.60
<b>chol (mg)</b>	12.10
<b>sodium (mg)</b>	156.20
<b>carbs (gm)</b>	134.00
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	28.60

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**VERNEY-WOOLLEY DINING      1/25/12      DINNER**

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

<b>Nutrition Facts</b>	
<b>Portion Size</b>	SLICE
<b>calories</b>	52.20
<b>fat (gm)</b>	4.50
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	11.20
<b>sodium (mg)</b>	253.70
<b>carbs (gm)</b>	0.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	3.00

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**VERNEY-WOOLLEY DINING      1/25/12      DINNER**

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**SLICED PASTRAMI**

PASTRAMI ROUNDS

<b>Nutrition Facts</b>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	78.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	36.60
<b>sodium (mg)</b>	476.70
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.70

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**VERNEY-WOOLLEY DINING      1/25/12      DINNER**

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**SLICED SWISS CHEESE**

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SWISS CHEESE

**Nutrition Facts**

<b>Portion Size</b>	1 oz Portion
<b>calories</b>	108.00
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.00
<b>sodium (mg)</b>	67.50
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	8.10

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**VERNEY-WOOLLEY DINING****1/25/12****DINNER**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	45.60
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	20.20
<b>sodium (mg)</b>	445.50
<b>carbs (gm)</b>	1.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.10

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**VERNEY-WOOLLEY DINING****1/25/12****DINNER**

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**SPAGHETTI SAUCE**

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WATER, TOMATOES, DICED WHITE ONIONS,  
VIRGIN OLIVE OIL, GRANULATED CANE  
SUGAR, SALT, GARLIC CHOPPED/IN OIL,  
GROUND BLACK PEPPER, BASIL LEAVES,  
CRUSHED RED PEPPER, OREGANO**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	58.40
<b>fat (gm)</b>	2.10
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	383.90
<b>carbs (gm)</b>	8.30
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	1.60

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**VERNEY-WOOLLEY DINING****1/25/12****DINNER**

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## STIR FRY - PORK LO MEIN

LINGUINI, CHINESE CABBAGE, WATER, PORK BUTT BOSTON #406 4-8, FRESH SNOW PEAS, CARROTS, WHITE ONION, SOY SAUCE, VEGETABLE SALAD OIL, CORN STARCH, BASE VEGAN SAVORY RSTD VEGETABLE, VIRGIN OLIVE OIL, FRESH GINGER ROOT, SPICE GARLIC POWDER, SAUCE & MARNDE HOISIN BBQ - vw

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	326.40
<b>fat (gm)</b>	6.90
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	15.30
<b>sodium (mg)</b>	434.80
<b>carbs (gm)</b>	51.40
<b>fiber (gm)</b>	1.30
<b>protein (gm)</b>	14.80

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VERNEY-WOOLLEY DINING

1/25/12

DINNER

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## STIR FRY- TOFU LO MEIN

LINGUINI, EXTRA FIRM TOFU, GREEN CABBAGE, WATER, FRESH SNOW PEAS, CARROTS, WHITE ONION, SOY SAUCE, VEGETABLE SALAD OIL, CORN STARCH, BASE VEGAN SAVORY RSTD VEGETABLE, VIRGIN OLIVE OIL, FRESH GINGER ROOT, SPICE GARLIC POWDER, SAUCE & MARNDE HOISIN BBQ - vw

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	313.10
<b>fat (gm)</b>	5.50
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	157.70
<b>carbs (gm)</b>	53.70
<b>fiber (gm)</b>	2.20
<b>protein (gm)</b>	12.80

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VERNEY-WOOLLEY DINING

1/25/12

DINNER

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## VEGAN THREE BEAN CASSEROLE

KIDNEY BEANS, GREAT NORTHERN BEANS, TOMATOES, BABY LIMA BEANS, GREEN PEPPERS, RED PEPPERS, DICED WHITE ONIONS, VEGETABLE SALAD OIL, GARLIC CHOPPED/IN OIL, GROUND OREGANO, SPICE DILL WEED WHL, BAY LEAVES

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	204.70
<b>fat (gm)</b>	5.10
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	413.50
<b>carbs (gm)</b>	29.20
<b>fiber (gm)</b>	3.20
<b>protein (gm)</b>	9.50

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VERNEY-WOOLLEY DINING

1/25/12

DINNER

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## Butternut Squash with Shallots and Sage

BUTTERNUT SQUASH, WATER, SHALLOTS, VIRGIN OLIVE OIL, LIGHT BROWN SUGAR, BASE VEGAN SAVORY RSTD VEGETABLE, BALSAMIC VINEGAR, SALT, FRESH SAGE, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	3oz portion
<b>calories</b>	50.30
<b>fat (gm)</b>	1.70
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	109.90
<b>carbs (gm)</b>	9.20
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	0.80

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## CORNBREAD STUFFING

FIESTA MUFFIN MIX, WATER, DICED WHITE ONIONS, APPLE SLICED/FRESH, CELERY, CORN MEAL, MARGARINE 1# SOLIDS (MILK FREE), FRESH PARSLEY, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	161.90
<b>fat (gm)</b>	3.90
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	4.80
<b>sodium (mg)</b>	289.70
<b>carbs (gm)</b>	29.20
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	3.40

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## GLAZED CARROTS

BELGIUM CARROTS, BROWN SUGAR, MARGARINE 1# SOLIDS (MILK FREE), FRESH DILL

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	52.00
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	184.50
<b>carbs (gm)</b>	12.20
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	0.60

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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**PENNE**

PASTA PENNE (MOSTACCIOLI), VIRGIN OLIVE OIL

**Nutrition Facts**

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	342.00
<b>fat (gm)</b>	3.70
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	2.10
<b>carbs (gm)</b>	63.70
<b>fiber (gm)</b>	3.70
<b>protein (gm)</b>	12.00

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**VERNEY-WOOLLEY DINING**      **1/25/12****DINNER**

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**STRING BEANS LA BELLE**

GREEN BEANS, TOMATOES, WATER, TOMATO PASTE USDA GRD FCY, DICED WHITE ONIONS, SHREDDED MOZZARELLA CHEESE, PROVOLONE CHEESE, VEGETABLE SALAD OIL, SALT, OREGANO

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	57.30
<b>fat (gm)</b>	2.90
<b>sat fat (gm)</b>	1.50
<b>chol (mg)</b>	5.90
<b>sodium (mg)</b>	127.00
<b>carbs (gm)</b>	5.10
<b>fiber (gm)</b>	1.30
<b>protein (gm)</b>	3.80

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**VERNEY-WOOLLEY DINING**      **1/25/12****DINNER**

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**VEGAN BROWN RICE PILAF**

BROWN RICE, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER, WATER

**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	149.10
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	10.10
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	2.50
<b>protein (gm)</b>	3.50

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**VERNEY-WOOLLEY DINING**      **1/25/12****DINNER**

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## VEGAN NEW POTATOES VINAIGRETTE

RED BLISS POTATOES, VEGETABLE SALAD OIL, WATER, WHITE VINEGAR, FRESH PARSLEY, GREY POUAPON DIJON MUSTARD, FROZEN CHOPPED CHIVES, BASE VEGAN SAVORY RSTD VEGETABLE, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	218.80
<b>fat (gm)</b>	12.80
<b>sat fat (gm)</b>	1.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	101.30
<b>carbs (gm)</b>	23.30
<b>fiber (gm)</b>	2.30
<b>protein (gm)</b>	2.20

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## Greek Salad Bar Parstock VW

ROMAINE LETTUCE, TOMATOES, CUCUMBER, SALAD CHOPPED GREEN, SHREDDED CHEDDAR CHEESE, GARBANZO BEANS, GREEN PEPPERS, FETA CHEESE, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, RED PEPPERS, KEN'S CAESAR CREAMY DRESSING, RED ONIONS, BROCCOLI FLORETTE, TURKEY BREAST, KALMATA GREEK OLIVES, LOW FAT COTTAGE CHEESE, KIDNEY BEANS, KEN'S ITALIAN LITE DRESSING, KEN'S THOUSAND ISLAND DRESSING, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, MEDIUM SHELLS, BELGIUM CARROTS, MUSHROOMS, GRATED ROMANO CHEESE, CRK OYSTER DOTS .5 OZ CROUTONS, IMITATION BACON BITS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	116.20
<b>fat (gm)</b>	8.20
<b>sat fat (gm)</b>	2.20
<b>chol (mg)</b>	23.60
<b>sodium (mg)</b>	275.20
<b>carbs (gm)</b>	6.70
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.10

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## HONEY WHEAT BREAD

FLOUR, WATER, WHOLE WHEAT FLOUR, VEGETABLE ALL PURPOSE SHORTENING, HONEY, NON-FAT MILK, YEAST, SALT

### Nutrition Facts

<b>Portion Size</b>	2.400 oz Portion
<b>calories</b>	164.20
<b>fat (gm)</b>	2.00
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	1.10
<b>sodium (mg)</b>	298.60
<b>carbs (gm)</b>	31.70
<b>fiber (gm)</b>	2.10
<b>protein (gm)</b>	5.00

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VERNEY-WOOLLEY DINING 1/25/12

DINNER

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## BAGELS

BAGELS PRESLICED (FINAGLE)

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	487.30
<b>fat (gm)</b>	2.80
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	946.20
<b>carbs (gm)</b>	94.60
<b>fiber (gm)</b>	4.10
<b>protein (gm)</b>	18.60

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## CANADIAN BACON

CANADIAN BACON

### Nutrition Facts

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	52.90
<b>fat (gm)</b>	2.40
<b>sat fat (gm)</b>	0.80
<b>chol (mg)</b>	16.60
<b>sodium (mg)</b>	441.80
<b>carbs (gm)</b>	0.40
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	6.90

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## Egg Bar VW

EGGS - LIQUID, WHOLE MILK, EGG WHITES,  
SHREDDED CHEDDAR CHEESE,  
TOMATOES, GREEN PEPPERS, HAM , DICED  
WHITE ONIONS, MUSHROOMS, OIL PAN  
COATING SPRAY AEROSOL SOY, SALT,  
GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	5oz portion
<b>calories</b>	203.60
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.50

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## FRENCH TOAST

TEXAS TOAST, EGGS - LIQUID, MAPLE SYRUP, WHOLE MILK, GRANULATED CANE SUGAR, SALT, CINNAMON SPICE

### Nutrition Facts

<b>Portion Size</b>	7.230 oz Portion
<b>calories</b>	364.00
<b>fat (gm)</b>	7.20
<b>sat fat (gm)</b>	1.50
<b>chol (mg)</b>	158.40
<b>sodium (mg)</b>	581.30
<b>carbs (gm)</b>	66.60
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	17.10

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## FRIED EGGS

EGGS SHELL ORGANIC-CAGE FREE, OIL PAN COATING SPRAY AEROSOL SOY

### Nutrition Facts

<b>Portion Size</b>	3.500 oz Portion
<b>calories</b>	126.80
<b>fat (gm)</b>	8.80
<b>sat fat (gm)</b>	2.70
<b>chol (mg)</b>	375.20
<b>sodium (mg)</b>	124.20
<b>carbs (gm)</b>	0.70
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.20

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## HARD BOILED EGGS

EGGS SHELL ORGANIC-CAGE FREE

### Nutrition Facts

<b>Portion Size</b>	3.600 oz Portion
<b>calories</b>	113.00
<b>fat (gm)</b>	7.90
<b>sat fat (gm)</b>	2.40
<b>chol (mg)</b>	334.30
<b>sodium (mg)</b>	110.60
<b>carbs (gm)</b>	0.60
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	9.90

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT,  
GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	163.90
<b>fat (gm)</b>	10.70
<b>sat fat (gm)</b>	3.50
<b>chol (mg)</b>	422.80
<b>sodium (mg)</b>	397.10
<b>carbs (gm)</b>	2.30
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	13.60

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## ROASTED RED POTATOES W/SHALLOTS

RED POTATOES, SHALLOTS, VIRGIN OLIVE  
OIL, SPICE CARAWAY SEED WHL, SALT,  
GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 OZ SERVING
<b>calories</b>	81.80
<b>fat (gm)</b>	2.90
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	62.80
<b>carbs (gm)</b>	13.30
<b>fiber (gm)</b>	1.30
<b>protein (gm)</b>	1.30

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## PUMPKIN BREAD AND MUFFINS

GRANULATED CANE SUGAR, CANNED  
PUMPKIN, UNBLEACHED FLOUR, RAISINS,  
WATER, EGGS - LIQUID, VEGETABLE SALAD  
OIL, PASTRY FLOUR, BAKING POWDER,  
SALT, BAKING SODA , GROUND CLOVES,  
CINNAMON SPICE, GROUND NUTMEG

### Nutrition Facts

<b>Portion Size</b>	3.250 oz Portion
<b>calories</b>	274.80
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	0.80
<b>chol (mg)</b>	32.10
<b>sodium (mg)</b>	264.50
<b>carbs (gm)</b>	48.00
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	3.50

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VERNEY-WOOLLEY DINING

1/26/12

BREAKFAST

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## CHICKEN SOUP W/TORTELLINI

WATER, CHEESE TORTELLINI, CHICKEN MEAT CKD 1/2" FRZ, CARROTS, CELERY, DICED WHITE ONIONS, BASE CHICKEN SAVORY RSTD NO MSG, MARGARINE 1# SOLIDS (MILK FREE), VIRGIN OLIVE OIL, FRESH PARSLEY

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	80.50
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.80
<b>chol (mg)</b>	16.90
<b>sodium (mg)</b>	86.20
<b>carbs (gm)</b>	9.10
<b>fiber (gm)</b>	0.20
<b>protein (gm)</b>	6.60

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VERNEY-WOOLLEY DINING

1/26/12

LUNCH

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## VEGETARIAN CREAM OF MUSHROOM SOUP

WHOLE MILK, WATER, MUSHROOMS, MARGARINE 1# SOLIDS (MILK FREE), UNBLEACHED FLOUR, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	82.30
<b>fat (gm)</b>	3.30
<b>sat fat (gm)</b>	1.70
<b>chol (mg)</b>	11.00
<b>sodium (mg)</b>	311.80
<b>carbs (gm)</b>	9.30
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	3.50

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VERNEY-WOOLLEY DINING

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## CAVATINI

PASTA PENNE (MOSTACCIOLI), WATER, TOMATOES, MILD ITALIAN SAUSAGE, PIZZA BLEND CHEESE, SLICED PEPPERONI, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	384.80
<b>fat (gm)</b>	19.20
<b>sat fat (gm)</b>	6.90
<b>chol (mg)</b>	37.80
<b>sodium (mg)</b>	1007.00
<b>carbs (gm)</b>	33.90
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	19.90

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VERNEY-WOOLLEY DINING

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## Enchilada Bar

WHITE FLOUR TORTILLA, BEEF CHUCK BONELESS, SOUR CREAM, KIDNEY BEANS, MEXICAN INFUSED RICE, AVOCADO PULP CALAVO FROZN, SHREDDED CHEDDAR CHEESE, DICED WHITE ONIONS, CORN, PINTO BEANS, TOMATOES, TOMATO PUREE USDA GRD FCY, WATER, TOMATOES, TACO SHELLS ORTEGA REG 6", JALAPENO PEPPERS, JUICE TOMATO 46 OZ, CHILI GREEN CHOPPED, BULGUR CRACKED WHEAT , RED PEPPERS, RED ONIONS, JUICE LIME REALIME 1 liter, LEMON JUICE, CIDER VINEGAR, VIRGIN OLIVE OIL, JALAPENO PEPPERS, GRANULATED CANE SUGAR, SALT, TABASCO/RED DEVIL HOT SAU, SPICE CUMIN GROUND, GROUND CORIANDER, GARLIC CHOPPED/IN OIL, SALT FRESH CHILANTRO GROUND BLACK

### Nutrition Facts

<b>Portion Size</b>	portions
<b>calories</b>	395.60
<b>fat (gm)</b>	19.70
<b>sat fat (gm)</b>	8.10
<b>chol (mg)</b>	59.90
<b>sodium (mg)</b>	429.00
<b>carbs (gm)</b>	34.30
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	19.60

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VERNEY-WOOLLEY DINING

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## FALAFEL (FRIED CHICK PEA BALLS)

GARBANZO BEANS, WHITE SYRIAN BREAD, BREAD CRUMBS, TOMATOES, LETTUCE, TAHINI PASTE, MAYONNAISE , CUCUMBER, LEMON JUICE, SOUR CREAM, EGGS - LIQUID, WATER, DICED WHITE ONIONS, FRESH PARSLEY, GRANULATED CANE SUGAR, WHITE VINEGAR, GRANULATED GARLIC, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, GROUND WHITE PEPPER, SPICE CUMIN GROUND, GROUND BASIL, GROUND CAYENNE PEPPER, TABASCO/RED DEVIL HOT SAU

### Nutrition Facts

<b>Portion Size</b>	7.5 oz portion
<b>calories</b>	476.60
<b>fat (gm)</b>	20.30
<b>sat fat (gm)</b>	3.40
<b>chol (mg)</b>	27.40
<b>sodium (mg)</b>	545.70
<b>carbs (gm)</b>	57.80
<b>fiber (gm)</b>	1.50
<b>protein (gm)</b>	14.30

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VERNEY-WOOLLEY DINING

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## GRILLED MONTREAL CHICKEN

CHICKEN BREAST BNLSKL 4oz, VIRGIN OLIVE OIL, SPICE MONTREAL CHICKEN

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	183.60
<b>fat (gm)</b>	4.80
<b>sat fat (gm)</b>	1.20
<b>chol (mg)</b>	89.60
<b>sodium (mg)</b>	78.10
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	32.70

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VERNEY-WOOLLEY DINING

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**HAMBURGER ON A BUN**

HAMBURGER BUN, BEEF CHUCK BONELESS

**Nutrition Facts**

<b>Portion Size</b>	3.600 oz Portion
<b>calories</b>	291.20
<b>fat (gm)</b>	13.90
<b>sat fat (gm)</b>	4.90
<b>chol (mg)</b>	61.70
<b>sodium (mg)</b>	270.90
<b>carbs (gm)</b>	18.80
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	21.80

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

**Nutrition Facts**

<b>Portion Size</b>	SLICE
<b>calories</b>	52.20
<b>fat (gm)</b>	4.50
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	11.20
<b>sodium (mg)</b>	253.70
<b>carbs (gm)</b>	0.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	3.00

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**SLICED PASTRAMI**

PASTRAMI ROUNDS

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	78.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	36.60
<b>sodium (mg)</b>	476.70
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.70

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**SLICED SWISS CHEESE**

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SWISS CHEESE

**Nutrition Facts**

<b>Portion Size</b>	1 oz Portion
<b>calories</b>	108.00
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.00
<b>sodium (mg)</b>	67.50
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	8.10

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	45.60
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	20.20
<b>sodium (mg)</b>	445.50
<b>carbs (gm)</b>	1.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.10

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**VEGAN ITALIAN WHITE BEANS**

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GREAT NORTHERN BEANS, TOMATOES,  
OLIVES, GARLIC CHOPPED/IN OIL, BASIL  
LEAVES**Nutrition Facts**

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	180.70
<b>fat (gm)</b>	1.30
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	818.50
<b>carbs (gm)</b>	30.20
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	11.00

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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## VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL, ROLLS BULKIE  
WHEAT CALISE

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	204.30
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	8.20
<b>sodium (mg)</b>	680.30
<b>carbs (gm)</b>	31.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.40

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VERNEY-WOOLLEY DINING 1/26/12

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## FRENCH FRIED POTATOES

FRENCH FRIES

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	129.20
<b>fat (gm)</b>	3.20
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	317.00
<b>carbs (gm)</b>	22.90
<b>fiber (gm)</b>	2.20
<b>protein (gm)</b>	2.20

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VERNEY-WOOLLEY DINING 1/26/12

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## MUSHROOM PASTA SALAD

MEDIUM SHELLS, BROCCOLI, MUSHROOMS,  
DICED WHITE ONIONS, VIRGIN OLIVE OIL,  
RED WINE VINEGAR, VEGETABLE SALAD  
OIL, GREEN PEPPERS, SALT, GRANULATED  
GARLIC, GROUND BLACK PEPPER, THYME

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	223.40
<b>fat (gm)</b>	4.30
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	198.00
<b>carbs (gm)</b>	39.50
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	7.50

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VERNEY-WOOLLEY DINING 1/26/12

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**VEGAN BROWN RICE PILAF**

BROWN RICE, DICED WHITE ONIONS, BASE  
VEGAN SAVORY RSTD VEGETABLE,  
GROUND WHITE PEPPER, WATER

**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	149.10
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	10.10
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	2.50
<b>protein (gm)</b>	3.50

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**Greek Salad Bar Parstock VW**

ROMAINE LETTUCE, TOMATOES,  
CUCUMBER, SALAD CHOPPED GREEN,  
SHREDDED CHEDDAR CHEESE, GARBANZO  
BEANS, GREEN PEPPERS, FETA CHEESE,  
EGGS SHELL ORGANIC-CAGE FREE, KEN'S  
LITE OLIVE OIL VINAIGRETTE, CARROTS,  
TUNAFISH, RED PEPPERS, KEN'S CAESAR  
CREAMY DRESSING, RED ONIONS,  
BROCCOLI FLORETTE, TURKEY BREAST,  
KALMATA GREEK OLIVES, LOW FAT  
COTTAGE CHEESE , KIDNEY BEANS, KEN'S  
ITALIAN LITE DRESSING, KEN'S THOUSAND  
ISLAND DRESSING, KEN'S RANCH  
DRESSING, KEN'S BLUE CHEESE  
DRESSING, MEDIUM SHELLS, BELGIUM  
CARROTS, MUSHROOMS, GRATED  
ROMANO CHEESE , CRK OYSTER DOTS .5  
OZ CROUTONS IMITATION BACON BITS

**Nutrition Facts**

<b>Portion Size</b>	PORTIONS
<b>calories</b>	116.20
<b>fat (gm)</b>	8.20
<b>sat fat (gm)</b>	2.20
<b>chol (mg)</b>	23.60
<b>sodium (mg)</b>	275.20
<b>carbs (gm)</b>	6.70
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.10

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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**MARINATED CUCUMBERS**

CUCUMBER, WHITE VINEGAR,  
GRANULATED CANE SUGAR, VEGETABLE  
SALAD OIL, SOY SAUCE, SALT,  
TABASCO/RED DEVIL HOT SAU

**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	48.10
<b>fat (gm)</b>	2.40
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	362.40
<b>carbs (gm)</b>	5.80
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	0.80

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**VERNEY-WOOLLEY DINING****1/26/12****LUNCH**

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## RICE KRISPIE TREATS

MARSHMALLOWS , CEREAL RICE KRISPIES  
BULK, MARGARINE 1# SOLIDS (MILK FREE)

### Nutrition Facts

<b>Portion Size</b>	1.220 oz Portion
<b>calories</b>	117.70
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	136.90
<b>carbs (gm)</b>	27.00
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	1.30

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VERNEY-WOOLLEY DINING 1/26/12

LUNCH

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## CHICKEN SOUP W/TORTELLINI

WATER, CHEESE TORTELLINI, CHICKEN  
MEAT CKD 1/2" FRZ, CARROTS, CELERY,  
DICED WHITE ONIONS, BASE CHICKEN  
SAVORY RSTD NO MSG, MARGARINE 1#  
SOLIDS (MILK FREE), VIRGIN OLIVE OIL,  
FRESH PARSLEY

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	80.50
<b>fat (gm)</b>	1.90
<b>sat fat (gm)</b>	0.80
<b>chol (mg)</b>	16.90
<b>sodium (mg)</b>	86.20
<b>carbs (gm)</b>	9.10
<b>fiber (gm)</b>	0.20
<b>protein (gm)</b>	6.60

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VERNEY-WOOLLEY DINING 1/26/12

DINNER

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## VEGETARIAN CREAM OF MUSHROOM SOUP

WHOLE MILK, WATER, MUSHROOMS,  
MARGARINE 1# SOLIDS (MILK FREE),  
UNBLEACHED FLOUR, SALT, GROUND  
BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	82.30
<b>fat (gm)</b>	3.30
<b>sat fat (gm)</b>	1.70
<b>chol (mg)</b>	11.00
<b>sodium (mg)</b>	311.80
<b>carbs (gm)</b>	9.30
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	3.50

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VERNEY-WOOLLEY DINING 1/26/12

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## CAJUN PASTA WITH CHICKEN

ROTINI, CHICKEN BREAST BNLSKL 4oz,  
HEAVY CREAM, RED PEPPERS, ZUCCHINI  
SQUASH, FRESH PARSLEY, SALT, GROUND  
PAPRIKA, VIRGIN OLIVE OIL, ONION  
POWDER, SPICE GARLIC POWDER,  
GROUND CAYENNE PEPPER, GROUND  
WHITE PEPPER, GROUND BLACK PEPPER,  
THYME LEAF, GROUND OREGANO

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	482.40
<b>fat (gm)</b>	13.30
<b>sat fat (gm)</b>	6.70
<b>chol (mg)</b>	91.90
<b>sodium (mg)</b>	428.00
<b>carbs (gm)</b>	57.90
<b>fiber (gm)</b>	0.70
<b>protein (gm)</b>	30.00

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VERNEY-WOOLLEY DINING

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## CHEESE SOUFFLE

WHOLE MILK, SHREDDED CHEDDAR  
CHEESE, EGGS - LIQUID, EGG WHITES,  
MARGARINE 1# SOLIDS (MILK FREE),  
GRATED ROMANO CHEESE , UNBLEACHED  
FLOUR, TABASCO/RED DEVIL HOT SAU

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	295.00
<b>fat (gm)</b>	19.10
<b>sat fat (gm)</b>	10.10
<b>chol (mg)</b>	142.60
<b>sodium (mg)</b>	410.70
<b>carbs (gm)</b>	11.90
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	19.90

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VERNEY-WOOLLEY DINING

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## CHICKPEA SALAD

GARBANZO BEANS, RED ONIONS, RED  
PEPPERS, CELERY, VEGEN MAYO, FRESH  
PARSLEY, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	147.90
<b>fat (gm)</b>	8.30
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	490.90
<b>carbs (gm)</b>	13.20
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	3.90

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VERNEY-WOOLLEY DINING

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## LIMA BEANS

BABY LIMA BEANS

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	117.20
<b>fat (gm)</b>	0.30
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	16.20
<b>carbs (gm)</b>	22.50
<b>fiber (gm)</b>	5.00
<b>protein (gm)</b>	6.50

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VERNEY-WOOLLEY DINING

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## MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	115.30
<b>fat (gm)</b>	6.20
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	23.30
<b>sodium (mg)</b>	290.70
<b>carbs (gm)</b>	6.00
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	8.20

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VERNEY-WOOLLEY DINING

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## SAFFRON RICE PILAF

WHITE RICE, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER, SPANISH SAFFRON, WATER

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	186.00
<b>fat (gm)</b>	0.80
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	11.40
<b>carbs (gm)</b>	39.50
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	3.80

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VERNEY-WOOLLEY DINING

1/26/12

DINNER

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	SLICE
<b>calories</b>	52.20
<b>fat (gm)</b>	4.50
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	11.20
<b>sodium (mg)</b>	253.70
<b>carbs (gm)</b>	0.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	3.00

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**VERNEY-WOOLLEY DINING      1/26/12      DINNER**

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**SLICED PASTRAMI**

PASTRAMI ROUNDS

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	2 oz Portion
<b>calories</b>	78.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	36.60
<b>sodium (mg)</b>	476.70
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.70

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**VERNEY-WOOLLEY DINING      1/26/12      DINNER**

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**SLICED SWISS CHEESE**

SWISS CHEESE

<b><u>Nutrition Facts</u></b>	
<b>Portion Size</b>	1 oz Portion
<b>calories</b>	108.00
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.00
<b>sodium (mg)</b>	67.50
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	8.10

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**VERNEY-WOOLLEY DINING      1/26/12      DINNER**

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## SLICED TURKEY

TURKEY BREAST

### Nutrition Facts

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	45.60
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	20.20
<b>sodium (mg)</b>	445.50
<b>carbs (gm)</b>	1.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.10

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VERNEY-WOOLLEY DINING

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## SPAGHETTI SAUCE

WATER, TOMATOES, DICED WHITE ONIONS,  
VIRGIN OLIVE OIL, GRANULATED CANE  
SUGAR, SALT, GARLIC CHOPPED/IN OIL,  
GROUND BLACK PEPPER, BASIL LEAVES,  
CRUSHED RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	58.40
<b>fat (gm)</b>	2.10
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	383.90
<b>carbs (gm)</b>	8.30
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	1.60

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VERNEY-WOOLLEY DINING

1/26/12

DINNER

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## VEGAN ITALIAN WHITE BEANS

GREAT NORTHERN BEANS, TOMATOES,  
OLIVES, GARLIC CHOPPED/IN OIL, BASIL  
LEAVES

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	180.70
<b>fat (gm)</b>	1.30
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	818.50
<b>carbs (gm)</b>	30.20
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	11.00

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VERNEY-WOOLLEY DINING

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## VEGETARIAN CAJUN PASTA

ROTINI, HEAVY CREAM, RED PEPPERS,  
ZUCCHINI SQUASH, FRESH PARSLEY, SALT,  
VIRGIN OLIVE OIL, GROUND PAPRIKA,  
ONION POWDER, SPICE GARLIC POWDER,  
GROUND CAYENNE PEPPER, GROUND  
WHITE PEPPER, GROUND BLACK PEPPER,  
THYME LEAF, GROUND OREGANO

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	526.90
<b>fat (gm)</b>	7.90
<b>sat fat (gm)</b>	3.40
<b>chol (mg)</b>	20.80
<b>sodium (mg)</b>	319.00
<b>carbs (gm)</b>	96.90
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	16.60

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VERNEY-WOOLLEY DINING

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## CORN COBETTES

CORN COBETTES

### Nutrition Facts

<b>Portion Size</b>	3.300 oz Portion
<b>calories</b>	87.80
<b>fat (gm)</b>	0.70
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	3.70
<b>carbs (gm)</b>	20.90
<b>fiber (gm)</b>	2.00
<b>protein (gm)</b>	2.90

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VERNEY-WOOLLEY DINING

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DINNER

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## ELBOW MACARONI

ELBOW MACARONI, VIRGIN OLIVE OIL

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	753.00
<b>fat (gm)</b>	5.50
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	0.00
<b>carbs (gm)</b>	151.10
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	25.80

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VERNEY-WOOLLEY DINING

1/26/12

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## MUSHROOM PASTA SALAD

MEDIUM SHELLS, BROCCOLI, MUSHROOMS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, RED WINE VINEGAR, VEGETABLE SALAD OIL, GREEN PEPPERS, SALT, GRANULATED GARLIC, GROUND BLACK PEPPER, THYME

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	223.40
<b>fat (gm)</b>	4.30
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	198.00
<b>carbs (gm)</b>	39.50
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	7.50

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VERNEY-WOOLLEY DINING 1/26/12

DINNER

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## VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE VEGAN SAVORY RSTD VEGETABLE, GROUND WHITE PEPPER, WATER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	149.10
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	10.10
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	2.50
<b>protein (gm)</b>	3.50

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VERNEY-WOOLLEY DINING 1/26/12

DINNER

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## Greek Salad Bar Parstock VW

ROMAINE LETTUCE, TOMATOES, CUCUMBER, SALAD CHOPPED GREEN, SHREDDED CHEDDAR CHEESE, GARBANZO BEANS, GREEN PEPPERS, FETA CHEESE, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, RED PEPPERS, KEN'S CAESAR CREAMY DRESSING, RED ONIONS, BROCCOLI FLORETTE, TURKEY BREAST, KALMATA GREEK OLIVES, LOW FAT COTTAGE CHEESE, KIDNEY BEANS, KEN'S ITALIAN LITE DRESSING, KEN'S THOUSAND ISLAND DRESSING, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, MEDIUM SHELLS, BELGIUM CARROTS, MUSHROOMS, GRATED ROMANO CHEESE, CRK OYSTER DOTS .5 OZ CROUTONS, IMITATION BACON BITS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	116.20
<b>fat (gm)</b>	8.20
<b>sat fat (gm)</b>	2.20
<b>chol (mg)</b>	23.60
<b>sodium (mg)</b>	275.20
<b>carbs (gm)</b>	6.70
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.10

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VERNEY-WOOLLEY DINING 1/26/12

DINNER

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**SOURDOUGH BREAD CT-10**

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FLOUR, WATER, YEAST, GRANULATED  
CANE SUGAR, SALT, BAKING SODA

<b>Nutrition Facts</b>	
<b>Portion Size</b>	2.400 oz Portion
<b>calories</b>	1589.30
<b>fat (gm)</b>	4.20
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	1887.10
<b>carbs (gm)</b>	333.60
<b>fiber (gm)</b>	11.50
<b>protein (gm)</b>	45.40

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**VERNEY-WOOLLEY DINING      1/26/12      DINNER**

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**BAGELS**

BAGELS PRESLICED (FINAGLE)

<b>Nutrition Facts</b>	
<b>Portion Size</b>	4 oz Portion
<b>calories</b>	487.30
<b>fat (gm)</b>	2.80
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	946.20
<b>carbs (gm)</b>	94.60
<b>fiber (gm)</b>	4.10
<b>protein (gm)</b>	18.60

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**VERNEY-WOOLLEY DINING      1/27/12      BREAKFAST**

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**Egg Bar VW**

EGGS - LIQUID, WHOLE MILK, EGG WHITES,  
SHREDDED CHEDDAR CHEESE,  
TOMATOES, GREEN PEPPERS, HAM , DICED  
WHITE ONIONS, MUSHROOMS, OIL PAN  
COATING SPRAY AEROSOL SOY, SALT,  
GROUND WHITE PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	5oz portion
<b>calories</b>	203.60
<b>fat (gm)</b>	12.70
<b>sat fat (gm)</b>	4.80
<b>chol (mg)</b>	376.60
<b>sodium (mg)</b>	502.00
<b>carbs (gm)</b>	4.40
<b>fiber (gm)</b>	0.50
<b>protein (gm)</b>	17.50

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**VERNEY-WOOLLEY DINING      1/27/12      BREAKFAST**

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**FRIED EGGS**

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EGGS SHELL ORGANIC-CAGE FREE, OIL  
PAN COATING SPRAY AEROSOL SOY

<b>Nutrition Facts</b>	
<b>Portion Size</b>	3.500 oz Portion
<b>calories</b>	126.80
<b>fat (gm)</b>	8.80
<b>sat fat (gm)</b>	2.70
<b>chol (mg)</b>	375.20
<b>sodium (mg)</b>	124.20
<b>carbs (gm)</b>	0.70
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.20

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**VERNEY-WOOLLEY DINING      1/27/12      BREAKFAST**

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**HARD BOILED EGGS**

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EGGS SHELL ORGANIC-CAGE FREE

<b>Nutrition Facts</b>	
<b>Portion Size</b>	3.600 oz Portion
<b>calories</b>	113.00
<b>fat (gm)</b>	7.90
<b>sat fat (gm)</b>	2.40
<b>chol (mg)</b>	334.30
<b>sodium (mg)</b>	110.60
<b>carbs (gm)</b>	0.60
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	9.90

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**VERNEY-WOOLLEY DINING      1/27/12      BREAKFAST**

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**PANCAKES**

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WATER, PANCAKE MIX DELUXE, MAPLE  
SYRUP

<b>Nutrition Facts</b>	
<b>Portion Size</b>	4 oz Portion
<b>calories</b>	207.00
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	4.00
<b>sodium (mg)</b>	396.80
<b>carbs (gm)</b>	46.30
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	4.00

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**VERNEY-WOOLLEY DINING      1/27/12      BREAKFAST**

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## SCRAMBLED EGGS

EGGS - LIQUID, WHOLE MILK, SALT,  
GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	163.90
<b>fat (gm)</b>	10.70
<b>sat fat (gm)</b>	3.50
<b>chol (mg)</b>	422.80
<b>sodium (mg)</b>	397.10
<b>carbs (gm)</b>	2.30
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	13.60

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VERNEY-WOOLLEY DINING

1/27/12

BREAKFAST

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## TURKEY BREAKFAST SAUSAGE

TURKEY BREAKFAST SAUSAGE

### Nutrition Facts

<b>Portion Size</b>	1.390 oz Portion
<b>calories</b>	81.50
<b>fat (gm)</b>	6.20
<b>sat fat (gm)</b>	1.80
<b>chol (mg)</b>	37.00
<b>sodium (mg)</b>	208.30
<b>carbs (gm)</b>	0.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	5.60

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VERNEY-WOOLLEY DINING

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BREAKFAST

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## CAJUN POTATOES

RED POTATOES, VEGETABLE SALAD OIL,  
GRANULATED GARLIC, SALT, GROUND  
WHITE PEPPER, GROUND CAYENNE  
PEPPER

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	115.00
<b>fat (gm)</b>	4.50
<b>sat fat (gm)</b>	0.40
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	101.60
<b>carbs (gm)</b>	17.30
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	1.50

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VERNEY-WOOLLEY DINING

1/27/12

BREAKFAST

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## OATMEAL MUFFINS

FIESTA MUFFIN MIX, WATER, MOLASSES,  
QUICK OATS, MAPLE EXTRACT

<b>Nutrition Facts</b>	
<b>Portion Size</b>	MUFFIN 3 oz
<b>calories</b>	259.20
<b>fat (gm)</b>	5.90
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	7.40
<b>sodium (mg)</b>	298.60
<b>carbs (gm)</b>	47.00
<b>fiber (gm)</b>	0.80
<b>protein (gm)</b>	5.40

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VERNEY-WOOLLEY DINING      1/27/12      BREAKFAST

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## NEW ENGLAND CLAM CHOWDER

WHOLE MILK, POTATOES, CHOPPED  
CLAMS, CLAM JUICE, DICED WHITE  
ONIONS, MARGARINE 1# SOLIDS (MILK  
FREE), CELERY, UNBLEACHED FLOUR,  
WATER, SALT, WORCESTERSHIRE SAUCE,  
GROUND WHITE PEPPER

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 oz Portion
<b>calories</b>	146.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	30.90
<b>sodium (mg)</b>	401.00
<b>carbs (gm)</b>	17.30
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	11.70

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VERNEY-WOOLLEY DINING      1/27/12      LUNCH

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## VEGAN CHICKPEA SOUP

GARBANZO BEANS, WATER, DICED WHITE  
ONIONS, TOMATOES, MUSHROOMS, VIRGIN  
OLIVE OIL, SALT, GARLIC CHOPPED/IN OIL,  
GROUND BLACK PEPPER, SEASONING  
VEGAN

<b>Nutrition Facts</b>	
<b>Portion Size</b>	6 oz Portion
<b>calories</b>	105.30
<b>fat (gm)</b>	4.60
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	489.30
<b>carbs (gm)</b>	12.80
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	4.20

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VERNEY-WOOLLEY DINING      1/27/12      LUNCH

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## BREADED CHICKEN FINGERS

BREADED CHICKEN TENDERS

### Nutrition Facts

<b>Portion Size</b>	4 piece
<b>calories</b>	425.80
<b>fat (gm)</b>	28.30
<b>sat fat (gm)</b>	5.70
<b>chol (mg)</b>	65.00
<b>sodium (mg)</b>	775.50
<b>carbs (gm)</b>	20.90
<b>fiber (gm)</b>	
<b>protein (gm)</b>	20.60

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VERNEY-WOOLLEY DINING

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LUNCH

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## Enchilada Bar

WHITE FLOUR TORTILLA, BEEF CHUCK BONELESS, SOUR CREAM, KIDNEY BEANS, MEXICAN INFUSED RICE, AVOCADO PULP CALAVO FROZN, SHREDDED CHEDDAR CHEESE, DICED WHITE ONIONS, CORN, PINTO BEANS, TOMATOES, TOMATO PUREE USDA GRD FCY, WATER, TOMATOES, TACO SHELLS ORTEGA REG 6", JALAPENO PEPPERS, JUICE TOMATO 46 OZ, CHILI GREEN CHOPPED, BULGUR CRACKED WHEAT, RED PEPPERS, RED ONIONS, JUICE LIME REALIME 1 liter, LEMON JUICE, CIDER VINEGAR, VIRGIN OLIVE OIL, JALAPENO PEPPERS, GRANULATED CANE SUGAR, SALT, TABASCO/RED DEVIL HOT SAU, SPICE CUMIN GROUND, GROUND CORIANDER, GARLIC CHOPPED/IN OIL, SALT FRESH CHILANTRO GROUND BLACK

### Nutrition Facts

<b>Portion Size</b>	portions
<b>calories</b>	395.60
<b>fat (gm)</b>	19.70
<b>sat fat (gm)</b>	8.10
<b>chol (mg)</b>	59.90
<b>sodium (mg)</b>	429.00
<b>carbs (gm)</b>	34.30
<b>fiber (gm)</b>	1.60
<b>protein (gm)</b>	19.60

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VERNEY-WOOLLEY DINING

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LUNCH

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## HAMBURGER ON A BUN

HAMBURGER BUN, BEEF CHUCK BONELESS

### Nutrition Facts

<b>Portion Size</b>	3.600 oz Portion
<b>calories</b>	291.20
<b>fat (gm)</b>	13.90
<b>sat fat (gm)</b>	4.90
<b>chol (mg)</b>	61.70
<b>sodium (mg)</b>	270.90
<b>carbs (gm)</b>	18.80
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	21.80

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VERNEY-WOOLLEY DINING

1/27/12

LUNCH

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**HOT DOG ON A BUN**

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BEEF FRANKS, HOT DOG BUN

**Nutrition Facts**

<b>Portion Size</b>	3.5oz portion
<b>calories</b>	259.40
<b>fat (gm)</b>	17.30
<b>sat fat (gm)</b>	6.20
<b>chol (mg)</b>	28.20
<b>sodium (mg)</b>	782.20
<b>carbs (gm)</b>	18.10
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	9.00

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**SEAFOOD SALAD**

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CRAB SEAFOOD BLD LEG SUPR, CELERY,  
MAYONNAISE , SCALLIONS BUNCHES,  
LEMON JUICE, GROUND WHITE PEPPER**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	221.40
<b>fat (gm)</b>	18.50
<b>sat fat (gm)</b>	2.80
<b>chol (mg)</b>	65.40
<b>sodium (mg)</b>	342.70
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	0.60
<b>protein (gm)</b>	11.70

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**SLICED AMERICAN CHEESE**

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AMERICAN CHEESE

**Nutrition Facts**

<b>Portion Size</b>	SLICE
<b>calories</b>	52.20
<b>fat (gm)</b>	4.50
<b>sat fat (gm)</b>	3.00
<b>chol (mg)</b>	11.20
<b>sodium (mg)</b>	253.70
<b>carbs (gm)</b>	0.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	3.00

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**SLICED PASTRAMI**

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PASTRAMI ROUNDS

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	78.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	36.60
<b>sodium (mg)</b>	476.70
<b>carbs (gm)</b>	0.00
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	11.70

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**SLICED SWISS CHEESE**

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SWISS CHEESE

**Nutrition Facts**

<b>Portion Size</b>	1 oz Portion
<b>calories</b>	108.00
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.00
<b>sodium (mg)</b>	67.50
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	8.10

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	45.60
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	20.20
<b>sodium (mg)</b>	445.50
<b>carbs (gm)</b>	1.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.10

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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## VEGAN CHANA MASALA

GARBANZO BEANS, DICED WHITE ONIONS, TOMATO PASTE USDA GRD FCY, LEMON JUICE, SPICE CURRY POWDER, GARLIC CHOPPED/IN OIL, VEGETABLE SALAD OIL, VIRGIN OLIVE OIL, SALT, FRESH BASIL, GROUND BLACK PEPPER, CRUSHED RED PEPPER

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	215.90
<b>fat (gm)</b>	7.40
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	870.40
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	8.90

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VERNEY-WOOLLEY DINING

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LUNCH

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## VEGAN NUGGETS

VEGAN NUGGETS BREADED FRZN

### Nutrition Facts

<b>Portion Size</b>	6 piece
<b>calories</b>	47.60
<b>fat (gm)</b>	1.40
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	129.30
<b>carbs (gm)</b>	6.80
<b>fiber (gm)</b>	1.40
<b>protein (gm)</b>	4.10

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VERNEY-WOOLLEY DINING

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LUNCH

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## VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL, ROLLS BULKIE WHEAT CALISE

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	204.30
<b>fat (gm)</b>	5.00
<b>sat fat (gm)</b>	1.60
<b>chol (mg)</b>	8.20
<b>sodium (mg)</b>	680.30
<b>carbs (gm)</b>	31.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.40

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VERNEY-WOOLLEY DINING

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LUNCH

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**BELGIAN CARROTS**

BELGIUM CARROTS

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	24.90
<b>fat (gm)</b>	0.00
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	213.70
<b>carbs (gm)</b>	6.40
<b>fiber (gm)</b>	
<b>protein (gm)</b>	0.70

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**STICKY RICE**

JAPANESE RICE, WATER

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	134.80
<b>fat (gm)</b>	0.40
<b>sat fat (gm)</b>	0.10
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	2.20
<b>carbs (gm)</b>	28.50
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	3.20

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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**VEGETARIAN BAKED BEANS**

VEGETARIAN BAKED BEANS

**Nutrition Facts**

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	107.70
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	430.70
<b>carbs (gm)</b>	21.50
<b>fiber (gm)</b>	
<b>protein (gm)</b>	5.90

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**VERNEY-WOOLLEY DINING****1/27/12****LUNCH**

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## Greek Salad Bar Parstock VW

ROMAINE LETTUCE, TOMATOES, CUCUMBER, SALAD CHOPPED GREEN, SHREDDED CHEDDAR CHEESE, GARBANZO BEANS, GREEN PEPPERS, FETA CHEESE, EGGS SHELL ORGANIC-CAGE FREE, KEN'S LITE OLIVE OIL VINAIGRETTE, CARROTS, TUNAFISH, RED PEPPERS, KEN'S CAESAR CREAMY DRESSING, RED ONIONS, BROCCOLI FLORETTE, TURKEY BREAST, KALMATA GREEK OLIVES, LOW FAT COTTAGE CHEESE , KIDNEY BEANS, KEN'S ITALIAN LITE DRESSING, KEN'S THOUSAND ISLAND DRESSING, KEN'S RANCH DRESSING, KEN'S BLUE CHEESE DRESSING, MEDIUM SHELLS, BELGIUM CARROTS, MUSHROOMS, GRATED ROMANO CHEESE , CRK OYSTER DOTS .5 OZ CROUTONS IMITATION BACON BITS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	116.20
<b>fat (gm)</b>	8.20
<b>sat fat (gm)</b>	2.20
<b>chol (mg)</b>	23.60
<b>sodium (mg)</b>	275.20
<b>carbs (gm)</b>	6.70
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.10

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VERNEY-WOOLLEY DINING

1/27/12

LUNCH

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## ZUCCHINI SUMMER SQUASH SA

WHITE ONION, ZUCCHINI SQUASH, YELLOW SUMMER SQUASH, VEGETABLE SALAD OIL, OLIVES, TOMATOES, LEMON JUICE, GARLIC CHOPPED/IN OIL, FRESH PARSLEY, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	5 oz Portion
<b>calories</b>	142.40
<b>fat (gm)</b>	12.30
<b>sat fat (gm)</b>	1.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	216.40
<b>carbs (gm)</b>	7.10
<b>fiber (gm)</b>	1.70
<b>protein (gm)</b>	1.10

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VERNEY-WOOLLEY DINING

1/27/12

LUNCH

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## BUTTERSCOTCH COOKIES

CAKE FLOUR, BUTTERSCOTCH CHIPS , VEGETABLE SHORTENING, LIGHT BROWN SUGAR, GRANULATED CANE SUGAR, EGGS - LIQUID, BUTTER, CORN SYRUP , BAKING SODA , VANILLA EXTRACT

### Nutrition Facts

<b>Portion Size</b>	~1.25 OZ. PORTIONS
<b>calories</b>	169.90
<b>fat (gm)</b>	9.20
<b>sat fat (gm)</b>	4.70
<b>chol (mg)</b>	16.30
<b>sodium (mg)</b>	73.30
<b>carbs (gm)</b>	20.50
<b>fiber (gm)</b>	0.20
<b>protein (gm)</b>	1.30

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VERNEY-WOOLLEY DINING

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LUNCH

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## NEW ENGLAND CLAM CHOWDER

WHOLE MILK, POTATOES, CHOPPED CLAMS, CLAM JUICE, DICED WHITE ONIONS, MARGARINE 1# SOLIDS (MILK FREE), CELERY, UNBLEACHED FLOUR, WATER, SALT, WORCESTERSHIRE SAUCE, GROUND WHITE PEPPER

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	146.60
<b>fat (gm)</b>	3.10
<b>sat fat (gm)</b>	1.40
<b>chol (mg)</b>	30.90
<b>sodium (mg)</b>	401.00
<b>carbs (gm)</b>	17.30
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	11.70

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VERNEY-WOOLLEY DINING

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DINNER

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## VEGAN CHICKPEA SOUP

GARBANZO BEANS, WATER, DICED WHITE ONIONS, TOMATOES, MUSHROOMS, VIRGIN OLIVE OIL, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, SEASONING VEGAN

### Nutrition Facts

<b>Portion Size</b>	6 oz Portion
<b>calories</b>	105.30
<b>fat (gm)</b>	4.60
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	489.30
<b>carbs (gm)</b>	12.80
<b>fiber (gm)</b>	0.30
<b>protein (gm)</b>	4.20

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VERNEY-WOOLLEY DINING

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DINNER

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## BBQ NAVY BEANS

GREAT NORTHERN BEANS, DICED WHITE ONIONS, TOMATO PASTE USDA GRD FCY, GRANULATED CANE SUGAR, CIDER VINEGAR, VEGETABLE SALAD OIL, SOY SAUCE, GARLIC CHOPPED/IN OIL, SALT, MOLASSES, CRUSHED RED PEPPER, GROUND ALL SPICE

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	251.20
<b>fat (gm)</b>	3.70
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	1195.80
<b>carbs (gm)</b>	43.90
<b>fiber (gm)</b>	0.40
<b>protein (gm)</b>	10.10

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VERNEY-WOOLLEY DINING

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DINNER

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## Chicken Saute with Mustard Sauce

CHICKEN BREAST BNLSKL 4oz, LINGUINI, RED PEPPERS, RED ONIONS, FRESH CELERY STALKS, FLOUR ALL TRUMPS, SOY SAUCE, CORN STARCH, RICE WINE VINEGAR, WATER, VEGETABLE SALAD OIL, GRANULATED CANE SUGAR, GARLIC CHOPPED/IN OIL, GROUND MUSTARD, VIRGIN OLIVE OIL, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	299.90
<b>fat (gm)</b>	5.30
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	42.50
<b>sodium (mg)</b>	589.30
<b>carbs (gm)</b>	39.50
<b>fiber (gm)</b>	1.30
<b>protein (gm)</b>	22.10

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VERNEY-WOOLLEY DINING

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## KOREAN STYLE MARINATED BEEF

BEEF BRISKET , SOY SAUCE, GRANULATED CANE SUGAR, FRESH GINGER ROOT, OIL SESAME SEED RST, SESAME SEEDS, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BAY LEAVES

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	281.40
<b>fat (gm)</b>	17.40
<b>sat fat (gm)</b>	6.30
<b>chol (mg)</b>	62.50
<b>sodium (mg)</b>	412.50
<b>carbs (gm)</b>	5.00
<b>fiber (gm)</b>	0.20
<b>protein (gm)</b>	24.60

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VERNEY-WOOLLEY DINING

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DINNER

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## MEAT SAUCE

WATER, TOMATOES, BEEF CHUCK BONELESS, DICED WHITE ONIONS, VIRGIN OLIVE OIL, GRANULATED CANE SUGAR, SALT, GARLIC CHOPPED/IN OIL, GROUND BLACK PEPPER, BASIL LEAVES, CRUSHED RED PEPPER, OREGANO

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	115.30
<b>fat (gm)</b>	6.20
<b>sat fat (gm)</b>	2.10
<b>chol (mg)</b>	23.30
<b>sodium (mg)</b>	290.70
<b>carbs (gm)</b>	6.00
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	8.20

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VERNEY-WOOLLEY DINING

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**SEAFOOD SALAD**

CRAB SEAFOOD BLD LEG SUPR, CELERY,  
MAYONNAISE , SCALLIONS BUNCHES,  
LEMON JUICE, GROUND WHITE PEPPER

**Nutrition Facts**

**Portion Size** 4 oz Portion  
**calories** 221.40  
**fat (gm)** 18.50  
**sat fat (gm)** 2.80  
**chol (mg)** 65.40  
**sodium (mg)** 342.70  
**carbs (gm)** 1.30  
**fiber (gm)** 0.60  
**protein (gm)** 11.70

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VERNEY-WOOLLEY DINING 1/27/12

DINNER

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**SLICED AMERICAN CHEESE**

AMERICAN CHEESE

**Nutrition Facts**

**Portion Size** SLICE  
**calories** 52.20  
**fat (gm)** 4.50  
**sat fat (gm)** 3.00  
**chol (mg)** 11.20  
**sodium (mg)** 253.70  
**carbs (gm)** 0.40  
**fiber (gm)**  
**protein (gm)** 3.00

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VERNEY-WOOLLEY DINING 1/27/12

DINNER

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**SLICED PASTRAMI**

PASTRAMI ROUNDS

**Nutrition Facts**

**Portion Size** 2 oz Portion  
**calories** 78.60  
**fat (gm)** 3.10  
**sat fat (gm)** 1.40  
**chol (mg)** 36.60  
**sodium (mg)** 476.70  
**carbs (gm)** 0.00  
**fiber (gm)** 0.00  
**protein (gm)** 11.70

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VERNEY-WOOLLEY DINING 1/27/12

DINNER

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**SLICED SWISS CHEESE**

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SWISS CHEESE

**Nutrition Facts**

<b>Portion Size</b>	1 oz Portion
<b>calories</b>	108.00
<b>fat (gm)</b>	8.10
<b>sat fat (gm)</b>	5.40
<b>chol (mg)</b>	27.00
<b>sodium (mg)</b>	67.50
<b>carbs (gm)</b>	1.30
<b>fiber (gm)</b>	
<b>protein (gm)</b>	8.10

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**VERNEY-WOOLLEY DINING****1/27/12****DINNER**

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**SLICED TURKEY**

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TURKEY BREAST

**Nutrition Facts**

<b>Portion Size</b>	2 oz Portion
<b>calories</b>	45.60
<b>fat (gm)</b>	0.50
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	20.20
<b>sodium (mg)</b>	445.50
<b>carbs (gm)</b>	1.00
<b>fiber (gm)</b>	
<b>protein (gm)</b>	10.10

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**VERNEY-WOOLLEY DINING****1/27/12****DINNER**

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**SPAGHETTI SAUCE**

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WATER, TOMATOES, DICED WHITE ONIONS,  
VIRGIN OLIVE OIL, GRANULATED CANE  
SUGAR, SALT, GARLIC CHOPPED/IN OIL,  
GROUND BLACK PEPPER, BASIL LEAVES,  
CRUSHED RED PEPPER, OREGANO**Nutrition Facts**

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	58.40
<b>fat (gm)</b>	2.10
<b>sat fat (gm)</b>	0.30
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	383.90
<b>carbs (gm)</b>	8.30
<b>fiber (gm)</b>	0.10
<b>protein (gm)</b>	1.60

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**VERNEY-WOOLLEY DINING****1/27/12****DINNER**

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## SWEET AND SOUR TOFU

PINEAPPLE , EXTRA FIRM TOFU, HONEY,  
GREEN PEPPERS, CORN STARCH, CIDER  
VINEGAR, SOY SAUCE, VEGETABLE SALAD  
OIL, KETCHUP/PINT , SPICE GINGER  
GRD, WATER

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	248.20
<b>fat (gm)</b>	9.60
<b>sat fat (gm)</b>	1.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	640.30
<b>carbs (gm)</b>	31.70
<b>fiber (gm)</b>	1.20
<b>protein (gm)</b>	8.90

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VERNEY-WOOLLEY DINING 1/27/12

DINNER

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## VEGAN CHANA MASALA

GARBANZO BEANS, DICED WHITE ONIONS,  
TOMATO PASTE USDA GRD FCY, LEMON  
JUICE, SPICE CURRY POWDER, GARLIC  
CHOPPED/IN OIL, VEGETABLE SALAD OIL,  
VIRGIN OLIVE OIL, SALT, FRESH BASIL,  
GROUND BLACK PEPPER, CRUSHED RED  
PEPPER

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	215.90
<b>fat (gm)</b>	7.40
<b>sat fat (gm)</b>	0.50
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	870.40
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	1.90
<b>protein (gm)</b>	8.90

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VERNEY-WOOLLEY DINING 1/27/12

DINNER

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## Vegetable Saute with Mustard Sauce

EDAMAME , LINGUINI, RED PEPPERS,  
WHITE ONION, FRESH CELERY STALKS,  
SOY SAUCE, RICE WINE VINEGAR, WATER,  
VEGETABLE SALAD OIL, GRANULATED  
CANE SUGAR, CORN STARCH, GARLIC  
CHOPPED/IN OIL, GROUND MUSTARD,  
VIRGIN OLIVE OIL

### Nutrition Facts

<b>Portion Size</b>	6oz portion
<b>calories</b>	179.10
<b>fat (gm)</b>	3.50
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	459.20
<b>carbs (gm)</b>	31.10
<b>fiber (gm)</b>	1.10
<b>protein (gm)</b>	5.90

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VERNEY-WOOLLEY DINING 1/27/12

DINNER

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## ASIAN VEGETABLES

ASIAN VEGETABLE BLEND

### Nutrition Facts

<b>Portion Size</b>	3 oz Portion
<b>calories</b>	54.40
<b>fat (gm)</b>	0.10
<b>sat fat (gm)</b>	0.00
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	245.80
<b>carbs (gm)</b>	11.90
<b>fiber (gm)</b>	4.00
<b>protein (gm)</b>	2.60

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VERNEY-WOOLLEY DINING

1/27/12

DINNER

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## BASMATI RICE PILAF

BASMATI RICE, MARGARINE 1# SOLIDS (MILK FREE), DICED WHITE ONIONS, KOSHER SALT, SPICE CUMIN SEED, WHOLE BLACK PEPPERCORNS, WHOLE CLOVES, WATER, BAY LEAVES, CINNAMON STICK

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	133.00
<b>fat (gm)</b>	1.10
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	242.20
<b>carbs (gm)</b>	26.80
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	3.00

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VERNEY-WOOLLEY DINING

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DINNER

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## FRESH HOISIN SUGAR SNAP PEAS

SUGAR SNAP PEAS, CARROTS, WHITE ONION, VIRGIN OLIVE OIL, SOY SAUCE, HOISIN SAUCE LEE/KUM

### Nutrition Facts

<b>Portion Size</b>	4oz portion
<b>calories</b>	111.30
<b>fat (gm)</b>	4.40
<b>sat fat (gm)</b>	0.60
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	215.80
<b>carbs (gm)</b>	14.40
<b>fiber (gm)</b>	4.40
<b>protein (gm)</b>	4.30

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VERNEY-WOOLLEY DINING

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DINNER

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## VEGAN BROWN RICE PILAF

BROWN RICE, DICED WHITE ONIONS, BASE  
VEGAN SAVORY RSTD VEGETABLE,  
GROUND WHITE PEPPER, WATER

### Nutrition Facts

<b>Portion Size</b>	4 oz Portion
<b>calories</b>	149.10
<b>fat (gm)</b>	1.20
<b>sat fat (gm)</b>	0.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	10.10
<b>carbs (gm)</b>	30.90
<b>fiber (gm)</b>	2.50
<b>protein (gm)</b>	3.50

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VERNEY-WOOLLEY DINING

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DINNER

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## WHOLE WHEAT PENNE

PASTA PENNE WHOLE WHEAT, VIRGIN  
OLIVE OIL

### Nutrition Facts

<b>Portion Size</b>	8 oz Portion
<b>calories</b>	780.50
<b>fat (gm)</b>	8.60
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	0.10
<b>carbs (gm)</b>	147.40
<b>fiber (gm)</b>	0.00
<b>protein (gm)</b>	29.50

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VERNEY-WOOLLEY DINING

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DINNER

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## Greek Salad Bar Parstock VW

ROMAINE LETTUCE, TOMATOES,  
CUCUMBER, SALAD CHOPPED GREEN,  
SHREDDED CHEDDAR CHEESE, GARBANZO  
BEANS, GREEN PEPPERS, FETA CHEESE,  
EGGS SHELL ORGANIC-CAGE FREE, KEN'S  
LITE OLIVE OIL VINAIGRETTE, CARROTS,  
TUNAFISH, RED PEPPERS, KEN'S CAESAR  
CREAMY DRESSING, RED ONIONS,  
BROCCOLI FLORETTE, TURKEY BREAST,  
KALMATA GREEK OLIVES, LOW FAT  
COTTAGE CHEESE , KIDNEY BEANS, KEN'S  
ITALIAN LITE DRESSING, KEN'S THOUSAND  
ISLAND DRESSING, KEN'S RANCH  
DRESSING, KEN'S BLUE CHEESE  
DRESSING, MEDIUM SHELLS, BELGIUM  
CARROTS, MUSHROOMS, GRATED  
ROMANO CHEESE , CRK OYSTER DOTS .5  
OZ CROUTONS IMITATION BACON BITS

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	116.20
<b>fat (gm)</b>	8.20
<b>sat fat (gm)</b>	2.20
<b>chol (mg)</b>	23.60
<b>sodium (mg)</b>	275.20
<b>carbs (gm)</b>	6.70
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	5.10

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VERNEY-WOOLLEY DINING

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DINNER

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## ZUCCHINI SUMMER SQUASH SA

WHITE ONION, ZUCCHINI SQUASH, YELLOW SUMMER SQUASH, VEGETABLE SALAD OIL, OLIVES, TOMATOES, LEMON JUICE, GARLIC CHOPPED/IN OIL, FRESH PARSLEY, SALT, GROUND BLACK PEPPER

### Nutrition Facts

<b>Portion Size</b>	5 oz Portion
<b>calories</b>	142.40
<b>fat (gm)</b>	12.30
<b>sat fat (gm)</b>	1.20
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	216.40
<b>carbs (gm)</b>	7.10
<b>fiber (gm)</b>	1.70
<b>protein (gm)</b>	1.10

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VERNEY-WOOLLEY DINING

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DINNER

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## FOCACCIA W/ROSEMARY

UNBLEACHED FLOUR, WATER, VIRGIN OLIVE OIL, FRESH ROSEMARY, GARLIC CHOPPED/IN OIL, YEAST, GRANULATED CANE SUGAR, SALT

### Nutrition Facts

<b>Portion Size</b>	PORTIONS
<b>calories</b>	172.20
<b>fat (gm)</b>	5.20
<b>sat fat (gm)</b>	0.70
<b>chol (mg)</b>	0.00
<b>sodium (mg)</b>	167.80
<b>carbs (gm)</b>	27.10
<b>fiber (gm)</b>	1.00
<b>protein (gm)</b>	3.70

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VERNEY-WOOLLEY DINING

1/27/12

DINNER

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## PUMPKIN CREAM CHEESE ROLL , NO NUTS

GRANULATED CANE SUGAR, CREAM CHEESE, EGGS - LIQUID, CONFECTIONARY SUGAR, CANNED PUMPKIN, BUTTER, CAKE FLOUR, UNBLEACHED FLOUR, BAKING POWDER, SALT, VANILLA EXTRACT, CINNAMON SPICE, GROUND NUTMEG

### Nutrition Facts

<b>Portion Size</b>	5.770 oz Portion
<b>calories</b>	4172.00
<b>fat (gm)</b>	170.80
<b>sat fat (gm)</b>	99.10
<b>chol (mg)</b>	1169.70
<b>sodium (mg)</b>	3217.90
<b>carbs (gm)</b>	602.80
<b>fiber (gm)</b>	4.80
<b>protein (gm)</b>	54.90

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VERNEY-WOOLLEY DINING

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DINNER

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