

Egg Bar VW

MUSHROOMS FRESH, DICED, DICED
TOMATOES 1/4", SHREDDED CHEDDAR
CHEESE, HAM BNLS SMK OVAL FDL,
DICED, ONIONS WHITE DICED 1/4", SCRAMBLED
EGGS, PEPPERS GRN DICED 1/4", PAN GRILL
AEROSOL VEG, FROZEN EGG WHITES

Nutrition Facts

Portion Size	5oz portion
calories	211
fat (gm)	13.3
sat fat (gm)	5.4
chol (mg)	376.1
sodium (mg)	658.6
carbs (gm)	4.5
protein (gm)	17.7
calcium (gm)	137.12
iron (gm)	1.68

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

Portion Size	3.600 oz Portion
calories	134
fat (gm)	9.0
sat fat (gm)	2.8
chol (mg)	379.9
sodium (mg)	251.4
carbs (gm)	1.1
protein (gm)	11.2
calcium (gm)	44.00
iron (gm)	1.29

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

FRIED EGGS

FRESH EGGS, PAN GRILL AEROSOL VEG

Nutrition Facts

Portion Size	3.500 oz Portion
calories	139
fat (gm)	9.4
sat fat (gm)	3.0
chol (mg)	377.0
sodium (mg)	249.9
carbs (gm)	1.1
protein (gm)	11.5
calcium (gm)	43.72
iron (gm)	1.34

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

GRILLED BREAKFAST SAUSAGES

PORK SAUSAGE LINKS

Nutrition Facts

Portion Size	2 oz Portion
calories	209
fat (gm)	17.7
sat fat (gm)	6.1
chol (mg)	47.1
sodium (mg)	733.7
carbs (gm)	0.6
protein (gm)	11.1
calcium (gm)	18.14
iron (gm)	0.71

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

MUFFINS HONEY BRAN FROM MIX

MUFFIN MIX BRAN,WATER,HONEY

Nutrition Facts

Portion Size	MUFFIN 3 oz
calories	258
fat (gm)	7.3
sat fat (gm)	1.8
chol (mg)	0.0
sodium (mg)	426.5
carbs (gm)	48.9
protein (gm)	4.3
calcium (gm)	22.19
iron (gm)	2.22

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

Portion Size	4 oz Portion
calories	214
fat (gm)	0.7
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	560.7
carbs (gm)	50.2
protein (gm)	3.2
calcium (gm)	170.24
iron (gm)	1.39

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

POTATO PUFFS (TATER TOTS) FZ

POTATO PUFFS, FROZEN

Nutrition Facts

Portion Size	3 oz Portion
calories	199
fat (gm)	9.6
sat fat (gm)	2.4
chol (mg)	0.0
sodium (mg)	4.3
carbs (gm)	26.1
protein (gm)	3.1
calcium (gm)	10.87
iron (gm)	0.94

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK**Nutrition Facts**

Portion Size	4 oz Portion
calories	162
fat (gm)	10.6
sat fat (gm)	3.5
chol (mg)	420.7
sodium (mg)	534.8
carbs (gm)	2.4
protein (gm)	13.1
calcium (gm)	77.36
iron (gm)	1.45

VERNEY WOOLEY DINING 11/9/09

BREAKFAST

COOKIES CHOCOLATE KRINKLES, NO NUTS '06

GRANULATED SUGAR,VANILLA
EXTRACT,LIQUID EGGS,CHOC FUDGE
BASE,CAKE FLOUR,BAKING POWDER
X,HOMOGENIZED MILK,BUTTER BLEND ZERO
TRANS bkshp - jar**Nutrition Facts**

Portion Size	~1.25 OZ. COOK
calories	106
fat (gm)	1.3
sat fat (gm)	0.3
chol (mg)	11.1
sodium (mg)	49.8
carbs (gm)	22.5
protein (gm)	1.5
calcium (gm)	9.34
iron (gm)	0.88

VERNEY WOOLEY DINING 11/9/09

LUNCH

FRENCH BREAD PEPPERONI PIZZA

FRENCH BREAD,PIZZA SAUCE,PIZZA BLEND
CHEESE,SHREDDED CHEDDAR
CHEESE,ROMANO CHEESE GRATED,SLICED
PEPPERONI

Nutrition Facts

Portion Size	4.190 oz Portion
calories	356
fat (gm)	18.0
sat fat (gm)	8.0
chol (mg)	38.8
sodium (mg)	969.3
carbs (gm)	31.7
protein (gm)	17.2
calcium (gm)	298.64
iron (gm)	1.91

VERNEY WOOLEY DINING 11/9/09

LUNCH

FRENCH FRIES CURLEY

POTATOES FRIES CURLY

Nutrition Facts

Portion Size	3 oz Portion
calories	198
fat (gm)	9.5
sat fat (gm)	2.4
chol (mg)	0.0
sodium (mg)	4.3
carbs (gm)	26.0
protein (gm)	3.1
calcium (gm)	10.84
iron (gm)	0.94

VERNEY WOOLEY DINING 11/9/09

LUNCH

GREEN BEANS W/ TOMATOES

GREEN STRING BEANS FRESH,ONIONS
SLICED 1/8" WHITE,OLIVE OIL,GARLIC
CHOPPED/IN OIL,TOMATO PASTE USDA GRD
FCY,WATER,RED PEPPERS
SLICED,SALT,WHOLE TOMATOES READY CUT

Nutrition Facts

Portion Size	3 oz Portion
calories	80
fat (gm)	6.6
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	169.4
carbs (gm)	5.3
protein (gm)	1.0
calcium (gm)	22.45
iron (gm)	0.60

VERNEY WOOLEY DINING 11/9/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG ROLLS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	264
fat (gm)	10.3
sat fat (gm)	3.6
chol (mg)	61.8
sodium (mg)	237.5
carbs (gm)	20.7
protein (gm)	20.6
calcium (gm)	36.19
iron (gm)	3.16

VERNEY WOOLEY DINING 11/9/09

LUNCH

Italian Marinated Chicken

SPICE GARLIC GRANULATED SYSCO,GROUND BLACK PEPPER,DRESS KEN 32 oz ITALIAN LITE,CHICKEN BREAST BNLSKL 4oz,SALT

Nutrition Facts	
Portion Size	portion
calories	175
fat (gm)	3.8
sat fat (gm)	1.1
chol (mg)	89.6
sodium (mg)	171.3
carbs (gm)	0.2
protein (gm)	32.8
calcium (gm)	16.44
iron (gm)	1.13

VERNEY WOOLEY DINING 11/9/09

LUNCH

KALE AND LINGUICA SOUP

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC CHOPPED/IN OIL,CHOPPED KALE,WATER TO MARK ON KETTLE,BEEF BASE,DICED POTATOES 1/2",LINGUICA GRIND 3/8 PLATE,WHITE PEPPER,CANNED PINTO BEANS,WATER TO MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	96
fat (gm)	6.0
sat fat (gm)	2.0
chol (mg)	11.3
sodium (mg)	414.4
carbs (gm)	6.1
protein (gm)	4.3
calcium (gm)	14.88
iron (gm)	0.57

VERNEY WOOLEY DINING 11/9/09

LUNCH

Mediterranean Bar

KASHOOLI, Mediterranean Couscous, GREEK OLIVES KALMATA, HUMUS (WITH ROASTED PEPPERS, TABBOULEH VCM, Fried Tortillas, SYRIAN BREAD LARGE 7", Roasted Garlic & Spinach Humus

Nutrition Facts	
Portion Size	portion
calories	510
fat (gm)	20.8
sat fat (gm)	2.6
chol (mg)	0.1
sodium (mg)	869.6
carbs (gm)	68.1
protein (gm)	13.4
calcium (gm)	69.34
iron (gm)	3.61

VERNEY WOOLEY DINING 11/9/09

LUNCH

SALAD - CORN W/ZUCCHINI& TOMATO

FRZ CORN WHOLE KERNEL, ZUCCHINI SQUASH SM DICE, FRESH TOMATOES SM DICE, CHOPPED GREEN CHILI, RED ONIONS CHOPPED FINE, GARLIC CHOPPED/IN OIL, FRESH PARSLEY CHOPPED, RED WINE VINEGAR, OLIVE OIL, BASIL LEAVES, CHILI POWDER, SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	PTN
calories	100
fat (gm)	7.0
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	89.1
carbs (gm)	9.7
protein (gm)	1.6
calcium (gm)	13.19
iron (gm)	0.71

VERNEY WOOLEY DINING 11/9/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/9/09

LUNCH

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts

Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/9/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts

Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/9/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/9/09

LUNCH

TUNA SALAD

TUNAFISH,FRESH PARSLEY
CHOPPED,GROUND BLACK PEPPER,FREEZE
DRIED CHIVES,SALT,MAYONNAISE

Nutrition Facts	
Portion Size	4 oz Portion
calories	205
fat (gm)	8.4
sat fat (gm)	1.3
chol (mg)	35.7
sodium (mg)	550.8
carbs (gm)	5.7
protein (gm)	25.6
calcium (gm)	19.45
iron (gm)	1.80

VERNEY WOOLEY DINING 11/9/09

LUNCH

VEGAN BLACK BEAN LOUISIANA

WHOLE TOMATOES READY CUT,ONIONS
WHITE DICED 1/4",OLIVE OIL,FRZ COLLARD
GREEN CHOPPED,RED PEPPERS 1/4"
DICE,GROUND CAYENNE PEPPER,CIDER
VINEGAR,SALT,BEANS BLACK TURTLE
CANNED

Nutrition Facts	
Portion Size	8 oz Portion
calories	174
fat (gm)	6.6
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	622.1
carbs (gm)	23.7
protein (gm)	7.5
calcium (gm)	146.82
iron (gm)	2.70

VERNEY WOOLEY DINING 11/9/09

LUNCH

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX

Nutrition Facts	
Portion Size	4 oz Portion
calories	152
fat (gm)	1.4
sat fat (gm)	0.3
chol (mg)	0.1
sodium (mg)	213.4
carbs (gm)	31.1
protein (gm)	3.7
calcium (gm)	16.41
iron (gm)	0.59

VERNEY WOOLEY DINING 11/9/09

LUNCH

VEGAN STUFFED PEPPER

ONIONS WHITE DICED 1/4", VEGETABLE SALAD OIL, BROWN RICE, WATER MEASURED, COARSE CHOPPED BREAD VCM, TOMATO PASTE USDA GRD FCY, KIDNEY BEANS DRAINED, PINTO BEANS DRAINED, WHOLE KERNAL CORN DRAINED, GRANULATED GARLIC, SALT, BLACK PEPPER, SPAGHETTI SAUCE, RED PEPPER, HALVES

Nutrition Facts	
Portion Size	8 oz Portion
calories	171
fat (gm)	6.2
sat fat (gm)	0.6
chol (mg)	0.0
sodium (mg)	649.2
carbs (gm)	26.8
protein (gm)	4.1
calcium (gm)	36.45
iron (gm)	1.72

VERNEY WOOLEY DINING

11/9/09

LUNCH

VEGETARIAN WASHINGTON CHOWDER

ONIONS WHITE DICED 1/4", MARGARINE, DICED POTATOS, CELERY DICED 1/4", PEPPERS GRN DICED 1/4, WATER TO MARK ON KETTLE, GROUND TOMATOES, CREAMED CORN, HOMOGENIZED MILK, WORCESTERSHIRE SAUCE, SALT, WHITE PEPPER, THYME, BASIL LEAVES, WATER TO MARK ON KETTLE, CORN STARCH, WATER

Nutrition Facts	
Portion Size	6 oz Portion
calories	104
fat (gm)	2.6
sat fat (gm)	0.8
chol (mg)	3.2
sodium (mg)	377.9
carbs (gm)	19.5
protein (gm)	2.6
calcium (gm)	47.42
iron (gm)	0.61

VERNEY WOOLEY DINING

11/9/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL, HAMBURGER ROLL

Nutrition Facts	
Portion Size	4 oz Portion
calories	251
fat (gm)	6.9
sat fat (gm)	0.5
chol (mg)	2.3
sodium (mg)	513.4
carbs (gm)	30.1
protein (gm)	16.6
calcium (gm)	28.85
iron (gm)	1.09

VERNEY WOOLEY DINING

11/9/09

LUNCH

ALFREDO SAUCE - cat 08

GARLIC CHOPPED/IN OIL,ROMANO CHEESE
GRATED,GROUND BLACK
PEPPER,MARGARINE,FLOUR UNBLEACHED
UNBR SPRING KING,CREAM HEAVY 20 QUART

Nutrition Facts	
Portion Size	4 oz Portion
calories	396
fat (gm)	41.1
sat fat (gm)	25.1
chol (mg)	148.0
sodium (mg)	128.3
carbs (gm)	4.4
protein (gm)	4.4
calcium (gm)	136.26
iron (gm)	0.14

VERNEY WOOLEY DINING 11/9/09

DINNER

BREAD HERB CUT-10 ('08)

WATER,LIQUID
EGGS,MARGARINE,SALT,GRANULATED
SUGAR,GROUND OREGANO,GROUND
THYME,GROUND BLACK PEPPER,PARSLEY
FLAKES,CELERY SEED,SPICE SAGE,WHEAT
GERM,QUICK OATS,FLOUR UNBLEACHED
UNBR SPRING KING,DRY MILK
POWDER,YEAST

Nutrition Facts	
Portion Size	SLICE
calories	157
fat (gm)	3.6
sat fat (gm)	0.8
chol (mg)	14.7
sodium (mg)	165.7
carbs (gm)	27.2
protein (gm)	5.1
calcium (gm)	40.88
iron (gm)	1.36

VERNEY WOOLEY DINING 11/9/09

DINNER

CAJUN PASTA

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

Nutrition Facts	
Portion Size	6 oz Portion
calories	238
fat (gm)	6.1
sat fat (gm)	3.1
chol (mg)	17.1
sodium (mg)	324.9
carbs (gm)	38.8
protein (gm)	6.8
calcium (gm)	23.72
iron (gm)	2.16

VERNEY WOOLEY DINING 11/9/09

DINNER

CAJUN PASTA WITH CHICKEN

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

Nutrition Facts	
Portion Size	6 oz Portion
calories	304
fat (gm)	11.7
sat fat (gm)	5.9
chol (mg)	85.3
sodium (mg)	437.1
carbs (gm)	24.1
protein (gm)	24.5
calcium (gm)	37.39
iron (gm)	2.16

VERNEY WOOLEY DINING

11/9/09

DINNER

CAKE MOUSSE RASPBERRY TORTE SHEET

CONFECT PASTE RASPBERRY,HOMOGENIZED
MILK,WHIPPED CREAM,CAKE BATTER
YELLOW FROM MIX,MOUSSE PALOMA

Nutrition Facts	
Portion Size	~PORTIONS
calories	231
fat (gm)	10.3
sat fat (gm)	5.0
chol (mg)	27.2
sodium (mg)	198.6
carbs (gm)	33.5
protein (gm)	3.7
calcium (gm)	68.95
iron (gm)	0.83

VERNEY WOOLEY DINING

11/9/09

DINNER

COUNTRY STYLE BAKED HAM

FZ ORANGE JUICE CONCENTRT,POWDERED
CLOVES,DRY MUSTARD POWDER,GROUND
GINGER,HAM BNLS SMK OVAL FDL,BROWN
SUGAR

Nutrition Facts	
Portion Size	4oz portion
calories	174
fat (gm)	7.8
sat fat (gm)	2.6
chol (mg)	57.5
sodium (mg)	1398.6
carbs (gm)	2.4
protein (gm)	22.2
calcium (gm)	10.08
iron (gm)	1.46

VERNEY WOOLEY DINING

11/9/09

DINNER

KALE AND LINGUICA SOUP

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,CHOPPED KALE,WATER TO
MARK ON KETTLE,BEEF BASE,DICED
POTATOES 1/2",LINGUICA GRIND 3/8
PLATE,WHITE PEPPER,CANNED PINTO
BEANS,WATER TO MARK ON KETTLE

Nutrition Facts

Portion Size	6 oz Portion
calories	96
fat (gm)	6.0
sat fat (gm)	2.0
chol (mg)	11.3
sodium (mg)	414.4
carbs (gm)	6.1
protein (gm)	4.3
calcium (gm)	14.88
iron (gm)	0.57

VERNEY WOOLEY DINING

11/9/09

DINNER

OVEN BROWND DINNER POTATOES

SMALL WHOLE PEELED POTATO,MARGARINE
MELTED,WHITE PEPPER,PAPRIKA

Nutrition Facts

Portion Size	4 oz Portion
calories	111
fat (gm)	1.6
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	23.5
carbs (gm)	22.8
protein (gm)	2.0
calcium (gm)	9.89
iron (gm)	0.37

VERNEY WOOLEY DINING

11/9/09

DINNER

PEAS FRANCAISE

GREEN PEAS FROZEN,ONIONS WHITE DICED
1/4",MARGARINE,SHRED LETTUCE
CHOPPED1/4"

Nutrition Facts

Portion Size	3 oz Portion
calories	73
fat (gm)	0.8
sat fat (gm)	0.2
chol (mg)	0.0
sodium (mg)	78.5
carbs (gm)	12.5
protein (gm)	4.4
calcium (gm)	23.62
iron (gm)	1.36

VERNEY WOOLEY DINING

11/9/09

DINNER

SALAD - CORN W/ZUCCHINI& TOMATO

FRZ CORN WHOLE KERNEL,ZUCCHINI
SQUASH SM DICE,FRESH TOMATOES SM
DICE,CHOPPED GREEN CHILI,RED ONIONS
CHOPPED FINE,GARLIC CHOPPED/IN
OIL,FRESH PARSLEY CHOPPED,RED WINE
VINEGAR,OLIVE OIL,BASIL LEAVES,CHILI
POWDER,SALT,GROUND BLACK PEPPER

<u>Nutrition Facts</u>	
Portion Size	PTN
calories	100
fat (gm)	7.0
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	89.1
carbs (gm)	9.7
protein (gm)	1.6
calcium (gm)	13.19
iron (gm)	0.71

VERNEY WOOLEY DINING 11/9/09

DINNER

SCALLOPED GREEN TOMATOES

FRESH TOMATOES,MARGARINE,BREAD
CRUMBS,GRANULATED SUGAR,SALT,GROUND
BLACK PEPPER,JUICE LEMON REALEMON 48
oz,FRESH PARSLEY CHOPPED

<u>Nutrition Facts</u>	
Portion Size	4 oz Portion
calories	121
fat (gm)	5.9
sat fat (gm)	1.2
chol (mg)	0.0
sodium (mg)	302.2
carbs (gm)	15.5
protein (gm)	2.5
calcium (gm)	37.06
iron (gm)	1.28

VERNEY WOOLEY DINING 11/9/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

<u>Nutrition Facts</u>	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/9/09

DINNER

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts	
Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/9/09

DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts	
Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/9/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts	
Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/9/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts	
Portion Size	4 oz Portion
calories	46
fat (gm)	2.3
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	475.8
carbs (gm)	6.4
protein (gm)	1.1
calcium (gm)	17.86
iron (gm)	0.74

VERNEY WOOLEY DINING 11/9/09

DINNER

TUNA SALAD

TUNAFISH,FRESH PARSLEY
CHOPPED,GROUND BLACK PEPPER,FREEZE
DRIED CHIVES,SALT,MAYONNAISE

Nutrition Facts	
Portion Size	4 oz Portion
calories	205
fat (gm)	8.4
sat fat (gm)	1.3
chol (mg)	35.7
sodium (mg)	550.8
carbs (gm)	5.7
protein (gm)	25.6
calcium (gm)	19.45
iron (gm)	1.80

VERNEY WOOLEY DINING 11/9/09

DINNER

VEGAN BLACK BEAN LOUISIANA

WHOLE TOMATOES READY CUT,ONIONS
WHITE DICED 1/4",OLIVE OIL,FRZ COLLARD
GREEN CHOPPED,RED PEPPERS 1/4"
DICE,GROUND CAYENNE PEPPER,CIDER
VINEGAR,SALT,BEANS BLACK TURTLE
CANNED

Nutrition Facts	
Portion Size	8 oz Portion
calories	174
fat (gm)	6.6
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	622.1
carbs (gm)	23.7
protein (gm)	7.5
calcium (gm)	146.82
iron (gm)	2.70

VERNEY WOOLEY DINING 11/9/09

DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

Nutrition Facts	
Portion Size	4 oz Portion
calories	152
fat (gm)	1.4
sat fat (gm)	0.3
chol (mg)	0.1
sodium (mg)	213.4
carbs (gm)	31.1
protein (gm)	3.7
calcium (gm)	16.41
iron (gm)	0.59

VERNEY WOOLEY DINING

11/9/09

DINNER

VEGETARIAN GNOCCHI ALLA SORRENTINA

MARINARA SAUCE (MEDITERRANEO), CHEESE
MOZZARELLA CHILIEGINE, FRESH BASIL
CHIFFONNADE, CHEESE PARMESAN
SHREDDED, PASTA GNOCCHI POTATO
JOSEPH'S

Nutrition Facts	
Portion Size	6 OZ PORTION
calories	77
fat (gm)	4.4
sat fat (gm)	2.2
chol (mg)	10.2
sodium (mg)	207.1
carbs (gm)	4.1
protein (gm)	6.0
calcium (gm)	186.47
iron (gm)	1.09

VERNEY WOOLEY DINING

11/9/09

DINNER

VEGETARIAN WASHINGTON CHOWDER

ONIONS WHITE DICED 1/4", MARGARINE, DICED
POTATOS, CELERY DICED 1/4", PEPPERS GRN
DICED 1/4, WATER TO MARK ON
KETTLE, GROUND TOMATOES, CREAMED
CORN, HOMOGENIZED
MILK, WORCESTERSHIRE SAUCE, SALT, WHITE
PEPPER, THYME, BASIL LEAVES, WATER TO
MARK ON KETTLE, CORN STARCH, WATER

Nutrition Facts	
Portion Size	6 oz Portion
calories	104
fat (gm)	2.6
sat fat (gm)	0.8
chol (mg)	3.2
sodium (mg)	377.9
carbs (gm)	19.5
protein (gm)	2.6
calcium (gm)	47.42
iron (gm)	0.61

VERNEY WOOLEY DINING

11/9/09

DINNER

ZITI

ZITI CUT, OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	307
fat (gm)	3.2
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	2.1
carbs (gm)	58.5
protein (gm)	9.8
calcium (gm)	14.45
iron (gm)	2.90

VERNEY WOOLEY DINING

11/9/09

DINNER

Egg Bar VW

MUSHROOMS FRESH, DICED, DICED
TOMATOES 1/4", SHREDDED CHEDDAR
CHEESE, HAM BNLS SMK OVAL FDL,
DICED, ONIONS WHITE DICED 1/4", SCRAMBLED
EGGS, PEPPERS GRN DICED 1/4", PAN GRILL
AEROSOL VEG, FROZEN EGG WHITES

Nutrition Facts

Portion Size	5oz portion
calories	211
fat (gm)	13.3
sat fat (gm)	5.4
chol (mg)	376.1
sodium (mg)	658.6
carbs (gm)	4.5
protein (gm)	17.7
calcium (gm)	137.12
iron (gm)	1.68

VERNEY WOOLEY DINING

11/10/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

Portion Size	3.600 oz Portion
calories	134
fat (gm)	9.0
sat fat (gm)	2.8
chol (mg)	379.9
sodium (mg)	251.4
carbs (gm)	1.1
protein (gm)	11.2
calcium (gm)	44.00
iron (gm)	1.29

VERNEY WOOLEY DINING

11/10/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS,SUGAR,SALT,GROUND
CINNAMON,HOMOGENIZED MILK,TEXAS
TOAST BREAD,SYRUP MAPLE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	405
fat (gm)	7.6
sat fat (gm)	2.2
chol (mg)	158.5
sodium (mg)	724.9
carbs (gm)	72.3
protein (gm)	12.6
calcium (gm)	141.79
iron (gm)	3.57

VERNEY WOOLEY DINING 11/10/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

Portion Size	3.500 oz Portion
calories	139
fat (gm)	9.4
sat fat (gm)	3.0
chol (mg)	377.0
sodium (mg)	249.9
carbs (gm)	1.1
protein (gm)	11.5
calcium (gm)	43.72
iron (gm)	1.34

VERNEY WOOLEY DINING 11/10/09

BREAKFAST

GRILLED SLICED BACON

BACON

Nutrition Facts

Portion Size	2 SLICE
calories	28
fat (gm)	2.4
sat fat (gm)	0.9
chol (mg)	4.2
sodium (mg)	78.8
carbs (gm)	0.0
protein (gm)	1.5
calcium (gm)	0.59
iron (gm)	0.08

VERNEY WOOLEY DINING 11/10/09

BREAKFAST

HOME FRIES W/ GARLIC

DICED POTATOES 1/2", GRANULATED GARLIC, GROUND PAPRIKA, SALT, GROUND WHITE PEPPER, MARGARINE

Nutrition Facts	
Portion Size	3 oz Portion
calories	126
fat (gm)	4.2
sat fat (gm)	0.8
chol (mg)	0.0
sodium (mg)	211.7
carbs (gm)	20.9
protein (gm)	1.9
calcium (gm)	10.70
iron (gm)	0.38

VERNEY WOOLEY DINING 11/10/09

BREAKFAST

SCONES FRUITED

GRANULATED SUGAR, VEG SHORTENING ALL PRPOSE, SALT, LIQUID EGGS, WATER, DRY MILK POWDER, VANILLA EXTRACT, BAKING POWDER X, FLOUR UNBLEACHED UNBR SPRING KING, RAISINS

Nutrition Facts	
Portion Size	SCONE 2.5 oz
calories	234
fat (gm)	7.8
sat fat (gm)	2.6
chol (mg)	36.5
sodium (mg)	518.1
carbs (gm)	38.3
protein (gm)	4.4
calcium (gm)	54.75
iron (gm)	0.94

VERNEY WOOLEY DINING 11/10/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS, WHITE PEPPER, SALT, HOMOGENIZED MILK

Nutrition Facts	
Portion Size	4 oz Portion
calories	162
fat (gm)	10.6
sat fat (gm)	3.5
chol (mg)	420.7
sodium (mg)	534.8
carbs (gm)	2.4
protein (gm)	13.1
calcium (gm)	77.36
iron (gm)	1.45

VERNEY WOOLEY DINING 11/10/09

BREAKFAST

CHICKEN NOODLE SOUP

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",CARROTS
DICED/1/4",MARGARINE,CHICKEN
BASE,WATER TO MARK ON KETTLE,CKD
CHICKEN MEAT 3/8 DICE,FINE NOODLES HAND
CRUSH,PARSLEY CHOPPED

Nutrition Facts	
Portion Size	6 oz Portion
calories	84
fat (gm)	3.7
sat fat (gm)	0.8
chol (mg)	18.4
sodium (mg)	785.0
carbs (gm)	6.6
protein (gm)	6.1
calcium (gm)	17.21
iron (gm)	0.63

VERNEY WOOLEY DINING 11/10/09 LUNCH

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS,MAYONNAISE,SALT,GROUND WHITE
PEPPER,CHICKEN MEAT

Nutrition Facts	
Portion Size	4 oz Portion
calories	238
fat (gm)	15.0
sat fat (gm)	3.0
chol (mg)	55.3
sodium (mg)	425.1
carbs (gm)	6.9
protein (gm)	18.5
calcium (gm)	23.72
iron (gm)	1.02

VERNEY WOOLEY DINING 11/10/09 LUNCH

CHINESE CHICKEN WINGS

CHICKEN WINGS
WEB&DRUMETE,GRANULATED
GARLIC,GROUND GINGER,MUSTARD
POWDER,SALT,PEPPER WHITE,HONEY,SOY
SAUCE GALS

Nutrition Facts	
Portion Size	PORTIONS
calories	401
fat (gm)	14.1
sat fat (gm)	3.9
chol (mg)	146.5
sodium (mg)	893.9
carbs (gm)	13.0
protein (gm)	53.2
calcium (gm)	32.14
iron (gm)	2.33

VERNEY WOOLEY DINING 11/10/09 LUNCH

COOKIES M&M '06

BUTTER BLEND ZERO TRANS bkshp - jar, SUGAR, BROWN SUGAR, BAKING SODA, LIQUID EGGS, VANILLA, CAKE FLOUR, M&M PLAIN, BUTTER BLEND ZERO TRANS bkshp - jar, NUVERT

Nutrition Facts

Portion Size	~1.25 OZ. COOK
calories	63
fat (gm)	0.4
sat fat (gm)	0.1
chol (mg)	12.9
sodium (mg)	36.5
carbs (gm)	13.7
protein (gm)	1.1
calcium (gm)	6.68
iron (gm)	0.80

VERNEY WOOLEY DINING 11/10/09 LUNCH

FRENCH FRIES STR 3/8" SPICY

POTATOES FRIES 3/8" SPICY

Nutrition Facts

Portion Size	3 oz Portion
calories	187
fat (gm)	7.1
sat fat (gm)	1.8
chol (mg)	0.0
sodium (mg)	204.0
carbs (gm)	28.6
protein (gm)	3.1
calcium (gm)	7.65
iron (gm)	1.53

VERNEY WOOLEY DINING 11/10/09 LUNCH

GARDEN PASTA SALAD

EGG NOODLES, MED, COTTAGE CHEESE LOW FAT, SOUR CREAM, ROSEMARY, THYME, SALT, MARGARINE, WHITE DICED 1/4", CARROTS DICED/1/4", ZUCCHINI, STRAIGHT SIDE 2, BROCCOLI CUTS, FROZEN

Nutrition Facts

Portion Size	4 oz Portion
calories	128
fat (gm)	6.6
sat fat (gm)	3.5
chol (mg)	21.0
sodium (mg)	238.1
carbs (gm)	11.1
protein (gm)	6.4
calcium (gm)	60.83
iron (gm)	0.48

VERNEY WOOLEY DINING 11/10/09 LUNCH

Grilled Cajun Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE OIL, SPICE CAJUN

Nutrition Facts

Portion Size	4oz portion
calories	184
fat (gm)	4.9
sat fat (gm)	1.2
chol (mg)	89.6
sodium (mg)	90.0
carbs (gm)	0.1
protein (gm)	32.7
calcium (gm)	15.82
iron (gm)	1.10

VERNEY WOOLEY DINING 11/10/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG ROLLS

Nutrition Facts

Portion Size	3.600 oz Portion
calories	264
fat (gm)	10.3
sat fat (gm)	3.6
chol (mg)	61.8
sodium (mg)	237.5
carbs (gm)	20.7
protein (gm)	20.6
calcium (gm)	36.19
iron (gm)	3.16

VERNEY WOOLEY DINING 11/10/09

LUNCH

LINGUINI W TOMATO BASIL

LINGUINI, TOMATOES, LG. CUBE, FRESH BASIL CHOPPED, GARLIC CHOPPED/IN OIL, OLIVE OIL, SALT, BLACK PEPPER, FRESH PARMESAN CHEESE

Nutrition Facts

Portion Size	6 oz Portion
calories	320
fat (gm)	16.4
sat fat (gm)	3.6
chol (mg)	7.4
sodium (mg)	298.1
carbs (gm)	34.2
protein (gm)	9.8
calcium (gm)	234.91
iron (gm)	3.65

VERNEY WOOLEY DINING 11/10/09

LUNCH

Mandarin Blend Vegetables

Veg Frz Mandarin Blend

Nutrition Facts	
Portion Size	3oz portion
calories	58
fat (gm)	0.5
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	42.6
carbs (gm)	12.2
protein (gm)	3.0
calcium (gm)	22.68
iron (gm)	0.86

VERNEY WOOLEY DINING 11/10/09

LUNCH

Mediterranean Bar

KASHOOLI, Mediterranean Couscous, GREEK OLIVES KALMATA, HUMUS (WITH ROASTED PEPPERS, TABBOULEH VCM, Fried Tortillas, SYRIAN BREAD LARGE 7", Roasted Garlic & Spinach Humus

Nutrition Facts	
Portion Size	portion
calories	510
fat (gm)	20.8
sat fat (gm)	2.6
chol (mg)	0.1
sodium (mg)	869.6
carbs (gm)	68.1
protein (gm)	13.4
calcium (gm)	69.34
iron (gm)	3.61

VERNEY WOOLEY DINING 11/10/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/10/09

LUNCH

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts

Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/10/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts

Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/10/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/10/09

LUNCH

STICKY RICE

WATER MEASURED,RICE JAPANESE

Nutrition Facts

Portion Size	3 oz Portion
calories	125
fat (gm)	0.3
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	3.3
carbs (gm)	27.1
protein (gm)	2.5
calcium (gm)	20.82
iron (gm)	1.24

VERNEY WOOLEY DINING 11/10/09

LUNCH

VEGAN CARIBBEAN BEANS

VEGETABLE SALAD OIL,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,GROUND
GINGER,THYME LEAF,BLACKEYED PEAS
DRAINED,FZ ORANGE JUICE
CONCENTRT,PICANTE SAUCE,RESERVED
BEAN LIQUID**Nutrition Facts**

Portion Size	8 oz Portion
calories	200
fat (gm)	6.0
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	597.2
carbs (gm)	28.2
protein (gm)	9.1
calcium (gm)	46.26
iron (gm)	2.11

VERNEY WOOLEY DINING 11/10/09

LUNCH

VEGETARIAN LENTIL SOUP

LENTILS,WATER,ONIONS WHITE DICED
1/4",CARROTS DICED/1/4",CELERY DICED
1/4",GRANULATED GARLIC,OLIVE OIL,TOMATO
PASTE,SALT,BLACK PEPPER,BAY LEAF IN
SACHET BAG,OREGANO LEAVES,WATER TO
MARK ON KETTLE**Nutrition Facts**

Portion Size	6 oz Portion
calories	159
fat (gm)	5.5
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	265.0
carbs (gm)	20.5
protein (gm)	8.4
calcium (gm)	24.80
iron (gm)	3.22

VERNEY WOOLEY DINING 11/10/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL,HAMBURGER ROLL

Nutrition Facts

Portion Size	4 oz Portion
calories	251
fat (gm)	6.9
sat fat (gm)	0.5
chol (mg)	2.3
sodium (mg)	513.4
carbs (gm)	30.1
protein (gm)	16.6
calcium (gm)	28.85
iron (gm)	1.09

VERNEY WOOLEY DINING 11/10/09

LUNCH

ALFREDO SAUCE - cat 08

GARLIC CHOPPED/IN OIL,ROMANO CHEESE
GRATED,GROUND BLACK
PEPPER,MARGARINE,FLOUR UNBLEACHED
UNBR SPRING KING,CREAM HEAVY 20 QUART**Nutrition Facts**

Portion Size	4 oz Portion
calories	396
fat (gm)	41.1
sat fat (gm)	25.1
chol (mg)	148.0
sodium (mg)	128.3
carbs (gm)	4.4
protein (gm)	4.4
calcium (gm)	136.26
iron (gm)	0.14

VERNEY WOOLEY DINING 11/10/09

DINNER

ARTICHOKE AND RED PEPPER FRITTATA

OLIVE OIL,RED PEPPERS DICED,GARLIC
CHOPPED/IN OIL,CRUSHED RED
PEPPER,LIQUID EGGS,FROZEN EGG
WHITES,ROMANO CHEESE
GRATED,OREGANO LEAF,SALT,GROUND
BLACK PEPPER,ARTICHOKE HEARTS 40/50 CT**Nutrition Facts**

Portion Size	6.500 oz Portion
calories	145
fat (gm)	5.4
sat fat (gm)	1.7
chol (mg)	144.5
sodium (mg)	821.5
carbs (gm)	15.7
protein (gm)	11.0
calcium (gm)	105.78
iron (gm)	2.13

VERNEY WOOLEY DINING 11/10/09

DINNER

CARROTS IN PARSLEY SAUCE

FRESH CARROTS SLICED
1/8", PARSLEY, CHOPPED, MARGARINE, MELTED,
OIL, FLOUR UNBLEACHED UNBR SPRING
KING, BASE MIREPOIX, WATER, SALT, WHITE
PEPPER

Nutrition Facts	
Portion Size	3 oz Portion
calories	80
fat (gm)	5.9
sat fat (gm)	0.9
chol (mg)	0.1
sodium (mg)	237.5
carbs (gm)	6.6
protein (gm)	0.9
calcium (gm)	20.27
iron (gm)	0.44

VERNEY WOOLEY DINING 11/10/09 DINNER

CHICKEN NOODLE SOUP

ONIONS WHITE DICED 1/4", CELERY DICED
1/4", CARROTS
DICED/1/4", MARGARINE, CHICKEN
BASE, WATER TO MARK ON KETTLE, CKD
CHICKEN MEAT 3/8 DICE, FINE NOODLES HAND
CRUSH, PARSLEY CHOPPED

Nutrition Facts	
Portion Size	6 oz Portion
calories	84
fat (gm)	3.7
sat fat (gm)	0.8
chol (mg)	18.4
sodium (mg)	785.0
carbs (gm)	6.6
protein (gm)	6.1
calcium (gm)	17.21
iron (gm)	0.63

VERNEY WOOLEY DINING 11/10/09 DINNER

CHICKEN SALAD COLD PLATE

FRESH CELERY
STALKS, MAYONNAISE, SALT, GROUND WHITE
PEPPER, CHICKEN MEAT

Nutrition Facts	
Portion Size	4 oz Portion
calories	238
fat (gm)	15.0
sat fat (gm)	3.0
chol (mg)	55.3
sodium (mg)	425.1
carbs (gm)	6.9
protein (gm)	18.5
calcium (gm)	23.72
iron (gm)	1.02

VERNEY WOOLEY DINING 11/10/09 DINNER

GARDEN PASTA SALAD

EGG NOODLES,MED,COTTAGE CHEESE LOW FAT,SOUR CREAM,ROSEMARY,THYME,SALT,MARGARINE, WHITE DICED 1/4",CARROTS DICED/1/4",ZUCCHINI, STRAIGHT SIDE 2,BROCCOLI CUTS, FROZEN

Nutrition Facts

Portion Size	4 oz Portion
calories	128
fat (gm)	6.6
sat fat (gm)	3.5
chol (mg)	21.0
sodium (mg)	238.1
carbs (gm)	11.1
protein (gm)	6.4
calcium (gm)	60.83
iron (gm)	0.48

VERNEY WOOLEY DINING 11/10/09

DINNER

MACARONI SHELLS

MEDIUM SHELLS,OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	307
fat (gm)	3.2
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	2.1
carbs (gm)	58.5
protein (gm)	9.8
calcium (gm)	14.45
iron (gm)	2.90

VERNEY WOOLEY DINING 11/10/09

DINNER

Pacific Chicken and Vegetable Stir Fry

VEG BLEND FZ PACIFIC ,VEG BLEND FZ GERMAN,CHICKEN BREAST BNLSKL 4oz, SLICED,SALT,GROUND BLACK PEPPER,OIL SALAD 90/10 ARREZZIO

Nutrition Facts

Portion Size	6oz portion
calories	98
fat (gm)	2.1
sat fat (gm)	0.6
chol (mg)	50.4
sodium (mg)	153.8
carbs (gm)	0.1
protein (gm)	18.4
calcium (gm)	9.47
iron (gm)	0.65

VERNEY WOOLEY DINING 11/10/09

DINNER

PARSLEY POTATOES

PARSLEY, SMALL WHOLE PEELED POTATO

Nutrition Facts

Portion Size	4 oz Portion
calories	98
fat (gm)	0.1
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	6.0
carbs (gm)	22.7
protein (gm)	2.0
calcium (gm)	9.85
iron (gm)	0.39

VERNEY WOOLEY DINING 11/10/09

DINNER

PARSLIED RICE

WATER MEASURED, SALT, WHITE
PEPPER, CHOPPED FRESH PARSLEY, WHITE
RICE**Nutrition Facts**

Portion Size	4 oz Portion
calories	136
fat (gm)	0.3
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	202.4
carbs (gm)	29.6
protein (gm)	2.8
calcium (gm)	23.74
iron (gm)	1.39

VERNEY WOOLEY DINING 11/10/09

DINNER

PIE CHOCOLATE CREAM CT-8

PIE DOUGH, INSTANT CHOCOLATE
PUDDING, HOMOGENIZED MILK, WHIPPED
CREAM**Nutrition Facts**

Portion Size	piece 1/8
calories	470
fat (gm)	27.3
sat fat (gm)	13.9
chol (mg)	63.8
sodium (mg)	329.2
carbs (gm)	52.3
protein (gm)	5.8
calcium (gm)	141.93
iron (gm)	2.01

VERNEY WOOLEY DINING 11/10/09

DINNER

ROLLS SQUASH

WATER WARM (110 DEGREES),YEAST,FLOUR
UNBLEACHED UNBR SPRING
KING,GRANULATED SUGAR,SALT,MASHED
PUMPKIN(OR SQUASH),WARM MILK (110
DEGREES),BUTTER SOFT

Nutrition Facts

Portion Size	Dozen
calories	1902
fat (gm)	50.7
sat fat (gm)	28.3
chol (mg)	124.0
sodium (mg)	1315.1
carbs (gm)	335.3
protein (gm)	39.5
calcium (gm)	236.59
iron (gm)	9.29

VERNEY WOOLEY DINING 11/10/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts

Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/10/09

DINNER

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts

Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/10/09

DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts

Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/10/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/10/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

Portion Size	4 oz Portion
calories	46
fat (gm)	2.3
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	475.8
carbs (gm)	6.4
protein (gm)	1.1
calcium (gm)	17.86
iron (gm)	0.74

VERNEY WOOLEY DINING 11/10/09

DINNER

Stir Fried Tofu

TOFU, 3/4 inch cubed,OLIVE OIL,GARLIC
CHOPPED/IN OIL,SALT,GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	4oz portion
calories	137
fat (gm)	11.0
sat fat (gm)	1.5
chol (mg)	0.0
sodium (mg)	183.8
carbs (gm)	2.5
protein (gm)	9.3
calcium (gm)	119.99
iron (gm)	6.15

VERNEY WOOLEY DINING 11/10/09

DINNER

TORTELLINI MEAT

MEAT TORTELLINI,MARGARINE MELTED

Nutrition Facts

Portion Size	6 oz Portion
calories	105
fat (gm)	4.0
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	792.4
carbs (gm)	16.8
protein (gm)	3.2
calcium (gm)	25.78
iron (gm)	3.20

VERNEY WOOLEY DINING 11/10/09

DINNER

VEGAN CARIBBEAN BEANS

VEGETABLE SALAD OIL,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,GROUND
GINGER,THYME LEAF,BLACKKEYED PEAS
DRAINED,FZ ORANGE JUICE
CONCENTRT,PICANTE SAUCE,RESERVED
BEAN LIQUID

Nutrition Facts

Portion Size	8 oz Portion
calories	200
fat (gm)	6.0
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	597.2
carbs (gm)	28.2
protein (gm)	9.1
calcium (gm)	46.26
iron (gm)	2.11

VERNEY WOOLEY DINING 11/10/09

DINNER

Vegan Pacific Vegetable Stir Fry

VEG BLEND FZ PACIFIC , VEG BLEND FZ
GERMAN, VEGETABLE SALAD
OIL, SALT, GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	6oz portion
calories	16
fat (gm)	1.7
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	146.6
carbs (gm)	0.1
protein (gm)	0.0
calcium (gm)	0.76
iron (gm)	0.04

VERNEY WOOLEY DINING 11/10/09 DINNER

VEGETARIAN LENTIL SOUP

LENTILS, WATER, ONIONS WHITE DICED
1/4", CARROTS DICED 1/4", CELERY DICED
1/4", GRANULATED GARLIC, OLIVE OIL, TOMATO
PASTE, SALT, BLACK PEPPER, BAY LEAF IN
SACHET BAG, OREGANO LEAVES, WATER TO
MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	159
fat (gm)	5.5
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	265.0
carbs (gm)	20.5
protein (gm)	8.4
calcium (gm)	24.80
iron (gm)	3.22

VERNEY WOOLEY DINING 11/10/09 DINNER

ZUCCHINI & ONIONS SAUTE

ONIONS SLICED 1/8" WHITE, VEGETABLE
SALAD OIL, ZUCCHINI SQUASH SLICED

Nutrition Facts	
Portion Size	3 oz Portion
calories	24
fat (gm)	0.9
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	2.2
carbs (gm)	3.9
protein (gm)	0.6
calcium (gm)	11.00
iron (gm)	0.24

VERNEY WOOLEY DINING 11/10/09 DINNER

CHOURICO RECP

CHOURICO

Nutrition Facts	
Portion Size	2 oz Portion
calories	258
fat (gm)	21.7
sat fat (gm)	8.2
chol (mg)	49.9
sodium (mg)	700.2
carbs (gm)	1.1
protein (gm)	13.7
calcium (gm)	4.54
iron (gm)	0.90

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

Egg Bar VW

MUSHROOMS FRESH, DICED, DICED
TOMATOES 1/4", SHREDDED CHEDDAR
CHEESE, HAM BNLS SMK OVAL FDL,
DICED, ONIONS WHITE DICED 1/4", SCRAMBLED
EGGS, PEPPERS GRN DICED 1/4", PAN GRILL
AEROSOL VEG, FROZEN EGG WHITES

Nutrition Facts	
Portion Size	5oz portion
calories	211
fat (gm)	13.3
sat fat (gm)	5.4
chol (mg)	376.1
sodium (mg)	658.6
carbs (gm)	4.5
protein (gm)	17.7
calcium (gm)	137.12
iron (gm)	1.68

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	134
fat (gm)	9.0
sat fat (gm)	2.8
chol (mg)	379.9
sodium (mg)	251.4
carbs (gm)	1.1
protein (gm)	11.2
calcium (gm)	44.00
iron (gm)	1.29

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

Portion Size	3.500 oz Portion
calories	139
fat (gm)	9.4
sat fat (gm)	3.0
chol (mg)	377.0
sodium (mg)	249.9
carbs (gm)	1.1
protein (gm)	11.5
calcium (gm)	43.72
iron (gm)	1.34

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

LYONNAISE POTATOES**VV**CKD WHOLE PEELED POTATOES,ONIONS
SLICED 1/8" WHITE,CHOPPED FRESH
PARSLEY,SALT,WHITE PEPPER,MARGARINE
MELTED,PAPRIKA**Nutrition Facts**

Portion Size	3.800 oz Portion
calories	108
fat (gm)	2.0
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	193.1
carbs (gm)	21.1
protein (gm)	1.9
calcium (gm)	11.37
iron (gm)	0.38

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

MUFFINS CORN FROM MIX '06Corn Meal Yellow 50 lb,MUFFIN MIX
DELUXE,WATER,VEGETABLE SALAD
OIL,BAKING CUP 4-1/2 "**Nutrition Facts**

Portion Size	MUFFIN 3 oz
calories	291
fat (gm)	13.0
sat fat (gm)	2.0
chol (mg)	0.0
sodium (mg)	344.1
carbs (gm)	43.0
protein (gm)	4.2
calcium (gm)	18.10
iron (gm)	2.09

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts	
Portion Size	4 oz Portion
calories	214
fat (gm)	0.7
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	560.7
carbs (gm)	50.2
protein (gm)	3.2
calcium (gm)	170.24
iron (gm)	1.39

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

PANCAKES - BLUEBERRY

WATER,EGG PANCAKE MIX,BLUEBERRIES
FROZEN

Nutrition Facts	
Portion Size	4.670 oz Portion
calories	160
fat (gm)	0.9
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	609.5
carbs (gm)	34.3
protein (gm)	3.7
calcium (gm)	192.72
iron (gm)	1.35

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK

Nutrition Facts	
Portion Size	4 oz Portion
calories	162
fat (gm)	10.6
sat fat (gm)	3.5
chol (mg)	420.7
sodium (mg)	534.8
carbs (gm)	2.4
protein (gm)	13.1
calcium (gm)	77.36
iron (gm)	1.45

VERNEY WOOLEY DINING 11/11/09

BREAKFAST

BEEF & BROCCOLI SZECHUAN

CORN STARCH,VEGETABLE SALAD
OIL,SHAVED STEAK,BROCCOLI
FLORETTE,ONIONS WHITE SLICED 1/4,GREEN
PEPPERS LG CUBED,PICANTE SAUCE,SOY
SAUCE GALS,GRANULATED SUGAR,GARLIC
CHOPPED/IN OIL,GROUND GINGER,WATER

Nutrition Facts	
Portion Size	8 oz Portion
calories	183
fat (gm)	5.6
sat fat (gm)	3.0
chol (mg)	19.4
sodium (mg)	460.5
carbs (gm)	11.8
protein (gm)	21.7
calcium (gm)	41.24
iron (gm)	3.85

VERNEY WOOLEY DINING

11/11/09

LUNCH

BRUSCHETTA MOZZARELLA

FRENCH BREAD 24" LONG,OLIVE OIL,GARLIC
CHOPPED/IN OIL,CRUSHED RED
PEPPER,FRESH TOMATOES SM DICE,FRESH
RARERIPES SLICED,MUSHROOMS FRESH
SLICED,SLICED OLIVES RIPE,PIZZA BLEND
CHEESE

Nutrition Facts	
Portion Size	slice
calories	440
fat (gm)	27.1
sat fat (gm)	7.4
chol (mg)	24.6
sodium (mg)	785.5
carbs (gm)	35.0
protein (gm)	19.0
calcium (gm)	361.55
iron (gm)	2.47

VERNEY WOOLEY DINING

11/11/09

LUNCH

CHEESE CREAM SAUCE

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOT MILK,SALT,WHITE
PEPPER,CHEDDAR CHEESE
SAUCE,SHREDDED CHEDDAR CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	94
fat (gm)	6.5
sat fat (gm)	3.3
chol (mg)	14.8
sodium (mg)	329.8
carbs (gm)	4.8
protein (gm)	4.2
calcium (gm)	135.36
iron (gm)	0.13

VERNEY WOOLEY DINING

11/11/09

LUNCH

COOKIES RICE KRISPIE

GRANULATED SUGAR,BROWN SUGAR,BAKING SODA,LIQUID EGGS,CEREAL RICE KRISPIES BULK,QUICK OATS,COCONUT MACAROON,PASTRY FLOUR,FLOUR UNBLEACHED UNBR SPRING KING,BAKING POWDER X,CEREAL RICE KRISPIES BULK,BUTTER BLEND ZERO TRANS bkshp - jar

Nutrition Facts	
Portion Size	.750 oz Portion
calories	79
fat (gm)	0.4
sat fat (gm)	0.1
chol (mg)	8.9
sodium (mg)	161.1
carbs (gm)	18.0
protein (gm)	1.2
calcium (gm)	13.87
iron (gm)	1.29

VERNEY WOOLEY DINING 11/11/09 LUNCH

EDAMAME BEANS W/TRI COLORED PEPPERS

RED PEPPERS JULIENNE,PEPPERS ORANGE JULIENNE,YELLOW PEPPERS JULIENNE,OLIVE OIL,GARLIC PEELED SLICED,KOSHER SALT,GROUND BLACK PEPPER,JUICE LEMON REALEMON 48 oz,FRESH PARSLEY CHOPPED,edamame beans

Nutrition Facts	
Portion Size	3 oz Portion
calories	114
fat (gm)	6.5
sat fat (gm)	0.8
chol (mg)	0.0
sodium (mg)	66.4
carbs (gm)	9.0
protein (gm)	6.9
calcium (gm)	80.90
iron (gm)	1.59

VERNEY WOOLEY DINING 11/11/09 LUNCH

FRENCH FRIES KRINKLE CUT

POTATOES FRIES 1/2" KRINKLE

Nutrition Facts	
Portion Size	3 oz Portion
calories	277
fat (gm)	15.9
sat fat (gm)	6.4
chol (mg)	0.0
sodium (mg)	521.3
carbs (gm)	32.1
protein (gm)	3.0
calcium (gm)	10.21
iron (gm)	1.41

VERNEY WOOLEY DINING 11/11/09 LUNCH

HAM & BEAN SOUP

MARGARINE, ONIONS WHITE DICED
1/4", GARLIC CHOPPED/IN OIL, CARROTS
DICED/1/4", CELERY DICED 1/4", BACON SLICED
CKD CHOPPED, HAM BNLS SMK OVAL
FDL, CHICKEN BASE, WATER, TOMATO PASTE
USDA GRD FCY, GREAT NORTHERN BEANS

Nutrition Facts	
Portion Size	6 oz Portion
calories	139
fat (gm)	2.1
sat fat (gm)	0.6
chol (mg)	5.0
sodium (mg)	853.8
carbs (gm)	21.4
protein (gm)	9.4
calcium (gm)	52.97
iron (gm)	2.02

VERNEY WOOLEY DINING 11/11/09

LUNCH

HAM SALAD COLD PLATE

CELERY DICED 1/4", ONIONS WHITE DICED
1/4", PEPPERS GRN DICED
1/4, MAYONNAISE, YELLOW MUSTARD, HAM
BNLS SMK OVAL FDL, SWEET RELISH

Nutrition Facts	
Portion Size	4 oz Portion
calories	137
fat (gm)	7.0
sat fat (gm)	1.9
chol (mg)	36.0
sodium (mg)	913.9
carbs (gm)	4.4
protein (gm)	13.4
calcium (gm)	10.94
iron (gm)	0.95

VERNEY WOOLEY DINING 11/11/09

LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS, HAMBURG
ROLLS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	264
fat (gm)	10.3
sat fat (gm)	3.6
chol (mg)	61.8
sodium (mg)	237.5
carbs (gm)	20.7
protein (gm)	20.6
calcium (gm)	36.19
iron (gm)	3.16

VERNEY WOOLEY DINING 11/11/09

LUNCH

Italian Marinated Chicken

SPICE GARLIC GRANULATED SYSCO,GROUND
BLACK PEPPER,DRESS KEN 32 oz ITALIAN
LITE,CHICKEN BREAST BNLSKL 4oz,SALT

Nutrition Facts	
Portion Size	portion
calories	175
fat (gm)	3.8
sat fat (gm)	1.1
chol (mg)	89.6
sodium (mg)	171.3
carbs (gm)	0.2
protein (gm)	32.8
calcium (gm)	16.44
iron (gm)	1.13

VERNEY WOOLEY DINING

11/11/09

LUNCH

ITALIAN MEATBALLS W/SAUCE LUNCH

MEATBALLS ITALIAN RAW,SPAGHETTI SAUCE
(AMT REQ),PARMESAN CHEESE

Nutrition Facts	
Portion Size	6 oz Portion
calories	248
fat (gm)	12.4
sat fat (gm)	4.5
chol (mg)	73.9
sodium (mg)	645.6
carbs (gm)	10.1
protein (gm)	23.3
calcium (gm)	66.88
iron (gm)	3.50

VERNEY WOOLEY DINING

11/11/09

LUNCH

Mediterranean Eggplant Saute

GROUND OREGANO,FRESH TOMATOES, 1"
cube,CAPERS NONPAREIL 32 OZ,JUICE LEMON
REALEMON 48 oz,GROUND BLACK
PEPPER,SALT,EGG PLANT, 1" diced,ZUCCHINI
SQUASH, 1" diced,OLIVE OIL,CRUSHED RED
PEPPER,GARLIC CHOPPED/IN OIL,GROUND
BASIL

Nutrition Facts	
Portion Size	2oz portion
calories	31
fat (gm)	2.1
sat fat (gm)	0.3
chol (mg)	1.2
sodium (mg)	19.9
carbs (gm)	2.9
protein (gm)	0.7
calcium (gm)	5.54
iron (gm)	0.26

VERNEY WOOLEY DINING

11/11/09

LUNCH

ROTINI

ROTINI,OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	261
fat (gm)	3.0
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	1.7
carbs (gm)	49.3
protein (gm)	8.3
calcium (gm)	12.17
iron (gm)	2.44

VERNEY WOOLEY DINING

11/11/09

LUNCH

SAUTEED SPINACH W/GARLIC

FRESH SPINACH,MARGARINE,OLIVE OIL,GARLIC CHOPPED/IN OIL,GROUND BLACK PEPPER,CRUSHED RED PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	68
fat (gm)	5.5
sat fat (gm)	0.8
chol (mg)	0.0
sodium (mg)	82.5
carbs (gm)	3.7
protein (gm)	2.6
calcium (gm)	110.62
iron (gm)	2.92

VERNEY WOOLEY DINING

11/11/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts

Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING

11/11/09

LUNCH

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts	
Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/11/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts	
Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/11/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts	
Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/11/09

LUNCH

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

Portion Size	4 oz Portion
calories	46
fat (gm)	2.3
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	475.8
carbs (gm)	6.4
protein (gm)	1.1
calcium (gm)	17.86
iron (gm)	0.74

VERNEY WOOLEY DINING**11/11/09****LUNCH**

VEGAN BLACK EYED PEAS W/SPIN&BLGR

WATER,BEAN BLACKEYED CANNED,BULGUR
CRACKED WHEAT ,SALT,GROUND BLACK
PEPPER,FRZ CHOPPED SPINACH,VEGETABLE
SALAD OIL,ONIONS WHITE DICED 1/4",BASE
MIREPOIX

Nutrition Facts

Portion Size	8oz portion
calories	518
fat (gm)	3.9
sat fat (gm)	0.2
chol (mg)	0.1
sodium (mg)	530.4
carbs (gm)	105.9
protein (gm)	17.7
calcium (gm)	70.80
iron (gm)	5.68

VERNEY WOOLEY DINING**11/11/09****LUNCH**

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX

Nutrition Facts

Portion Size	4 oz Portion
calories	152
fat (gm)	1.4
sat fat (gm)	0.3
chol (mg)	0.1
sodium (mg)	213.4
carbs (gm)	31.1
protein (gm)	3.7
calcium (gm)	16.41
iron (gm)	0.59

VERNEY WOOLEY DINING**11/11/09****LUNCH**

VEGETARIAN CHEESE SOUP

BASE MIREPOIX, WATER TO MARK ON
KETTLE, FRESH CARROTS (CHOP
FINE), ONIONS WHITE DICED
1/4", HOMOGENIZED MILK, MARGARINE, FLOUR
UNBLEACHED UNBR SPRING KING, ONION
SALT, WHITE PEPPER, CAYENNE
PEPPER, SHREDDED CHEDDAR CHEESE

Nutrition Facts

Portion Size	6 oz Portion
calories	146
fat (gm)	10.2
sat fat (gm)	3.8
chol (mg)	14.7
sodium (mg)	663.4
carbs (gm)	9.4
protein (gm)	4.6
calcium (gm)	121.20
iron (gm)	0.32

VERNEY WOOLEY DINING 11/11/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL, HAMBURGER ROLL

Nutrition Facts

Portion Size	4 oz Portion
calories	251
fat (gm)	6.9
sat fat (gm)	0.5
chol (mg)	2.3
sodium (mg)	513.4
carbs (gm)	30.1
protein (gm)	16.6
calcium (gm)	28.85
iron (gm)	1.09

VERNEY WOOLEY DINING 11/11/09

LUNCH

ALFREDO SAUCE - cat 08

GARLIC CHOPPED/IN OIL, ROMANO CHEESE
GRATED, GROUND BLACK
PEPPER, MARGARINE, FLOUR UNBLEACHED
UNBR SPRING KING, CREAM HEAVY 20 QUART

Nutrition Facts

Portion Size	4 oz Portion
calories	396
fat (gm)	41.1
sat fat (gm)	25.1
chol (mg)	148.0
sodium (mg)	128.3
carbs (gm)	4.4
protein (gm)	4.4
calcium (gm)	136.26
iron (gm)	0.14

VERNEY WOOLEY DINING 11/11/09

DINNER

BARBEQUED CHICKEN**Q**

CHICKEN QUARTERS,BARBEQUE SAUCE

Nutrition Facts

Portion Size	6.800 oz Portion
calories	403
fat (gm)	21.6
sat fat (gm)	6.0
chol (mg)	139.3
sodium (mg)	303.6
carbs (gm)	6.4
protein (gm)	43.5
calcium (gm)	27.56
iron (gm)	2.15

VERNEY WOOLEY DINING

11/11/09

DINNER

BREAD HEARTHVEG SHORTENING ALL
PRPOSE,SALT,MOLASSES,YEAST,RAISINS,COT
CHEESE LOW FAT,FLOUR UNBLEACHED UNBR
SPRING KING,WHOLE WHEAT FLOUR,QUICK
OATS,BRAN TABLE 50 lb,WATER**Nutrition Facts**

Portion Size	PORTIONS
calories	123
fat (gm)	1.6
sat fat (gm)	0.5
chol (mg)	0.9
sodium (mg)	231.9
carbs (gm)	24.4
protein (gm)	3.8
calcium (gm)	20.29
iron (gm)	0.91

VERNEY WOOLEY DINING

11/11/09

DINNER

BRUSSEL SPROUTS W/ HORSERADISHFRZ BRUSSEL SPROUTS,FRESH CARROTS
SLICED 1/8",FR LEEKS SPLIT SLICED
1/2,MARGARINE MELTED,VEGETABLE SALAD
OIL,HORSERADISH,CIDER VINEGAR,DILL
WEED WHL,SALT,GROUND BLACK PEPPER**Nutrition Facts**

Portion Size	3 oz Portion
calories	85
fat (gm)	5.5
sat fat (gm)	0.6
chol (mg)	0.0
sodium (mg)	108.4
carbs (gm)	8.0
protein (gm)	1.9
calcium (gm)	29.24
iron (gm)	0.68

VERNEY WOOLEY DINING

11/11/09

DINNER

CAKE CHOC CARROT CT-54

SUGAR,MARGARINE,FUDGE BASE,LIQUID
EGGS,BAKING SODA,BAKING POWDER
X,GROUND CINNAMON,GROUND
NUTMEG,GROUND CLOVES,SALT,CAKE
FLOUR,WATER,CARROTS SHREDDED,RAISINS

Nutrition Facts

Portion Size	~ Portion
calories	242
fat (gm)	10.3
sat fat (gm)	2.1
chol (mg)	21.9
sodium (mg)	243.5
carbs (gm)	36.5
protein (gm)	3.2
calcium (gm)	19.96
iron (gm)	1.64

VERNEY WOOLEY DINING 11/11/09

DINNER

CORN COBETTS, FROZEN

CORN COBETTS, FROZEN

Nutrition Facts

Portion Size	3.300 oz Portion
calories	87
fat (gm)	0.7
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	3.7
carbs (gm)	20.9
protein (gm)	2.9
calcium (gm)	2.80
iron (gm)	0.57

VERNEY WOOLEY DINING 11/11/09

DINNER

GARDEN PATTIES REST. SIZE

GARDEN PATTIES,HAMBURGER ROLL,Rolls
Wheat Bulkie 6pk

Nutrition Facts

Portion Size	5.100 oz Portion
calories	237
fat (gm)	6.9
sat fat (gm)	0.5
chol (mg)	1.3
sodium (mg)	478.9
carbs (gm)	26.9
protein (gm)	16.8
calcium (gm)	37.11
iron (gm)	1.03

VERNEY WOOLEY DINING 11/11/09

DINNER

HAM & BEAN SOUP

MARGARINE, ONIONS WHITE DICED
1/4", GARLIC CHOPPED/IN OIL, CARROTS
DICED/1/4", CELERY DICED 1/4", BACON SLICED
CKD CHOPPED, HAM BNLS SMK OVAL
FDL, CHICKEN BASE, WATER, TOMATO PASTE
USDA GRD FCY, GREAT NORTHERN BEANS

Nutrition Facts

Portion Size	6 oz Portion
calories	139
fat (gm)	2.1
sat fat (gm)	0.6
chol (mg)	5.0
sodium (mg)	853.8
carbs (gm)	21.4
protein (gm)	9.4
calcium (gm)	52.97
iron (gm)	2.02

VERNEY WOOLEY DINING 11/11/09

DINNER

HAM SALAD COLD PLATE

CELERY DICED 1/4", ONIONS WHITE DICED
1/4", PEPPERS GRN DICED
1/4, MAYONNAISE, YELLOW MUSTARD, HAM
BNLS SMK OVAL FDL, SWEET RELISH

Nutrition Facts

Portion Size	4 oz Portion
calories	137
fat (gm)	7.0
sat fat (gm)	1.9
chol (mg)	36.0
sodium (mg)	913.9
carbs (gm)	4.4
protein (gm)	13.4
calcium (gm)	10.94
iron (gm)	0.95

VERNEY WOOLEY DINING 11/11/09

DINNER

HOT DOG 9" LONG IN BEER

FRANKFURTS 9" 7/LB, BEER COOKING, ROLLS
HOT DOG NE STYLE STRIP

Nutrition Facts

Portion Size	4.280 oz Portion
calories	325
fat (gm)	19.8
sat fat (gm)	7.9
chol (mg)	39.7
sodium (mg)	841.9
carbs (gm)	24.2
protein (gm)	10.9
calcium (gm)	44.41
iron (gm)	2.07

VERNEY WOOLEY DINING 11/11/09

DINNER

ROTINI

ROTINI,OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	261
fat (gm)	3.0
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	1.7
carbs (gm)	49.3
protein (gm)	8.3
calcium (gm)	12.17
iron (gm)	2.44

VERNEY WOOLEY DINING

11/11/09

DINNER

Sizzlin' Cuban Stir Fry

POTATOES YAMS CUBE 1/2,CHICKEN BREAST
BNLSKL 4oz, SLICED THIN,SPICE CAJUN
SEASONING,OIL SALAD 90/10
ARREZZIO,FRESH SHALLOTS, MINCED,OIL
SESAME SEED RST,KIDNEY BEANS,
DRAINED,CINNAMON STICK,DRIED FIGS,
CHOPPED 1/2",WHITE WINE (NOT
CHABLIS),SOY SAUCE GALS,SAUCE & GLAZE
ORANGE GINGER - vw

Nutrition Facts

Portion Size	6oz portion
calories	262
fat (gm)	4.7
sat fat (gm)	1.1
chol (mg)	80.7
sodium (mg)	213.6
carbs (gm)	20.9
protein (gm)	31.4
calcium (gm)	40.05
iron (gm)	1.71

VERNEY WOOLEY DINING

11/11/09

DINNER

Sizzlin' Vegetarian Cuban Stir Fry

POTATOES YAMS CUBE 1/2,SPICE CAJUN
SEASONING,OIL SALAD 90/10
ARREZZIO,FRESH SHALLOTS, MINCED,OIL
SESAME SEED RST,KIDNEY BEANS,
DRAINED,CINNAMON STICK,DRIED FIGS,
CHOPPED 1/2",WHITE WINE (NOT
CHABLIS),SOY SAUCE GALS,SAUCE & GLAZE
ORANGE GINGER - vw,TEMPEH SOY RICE
BULK, CUBED

Nutrition Facts

Portion Size	6oz portion
calories	286
fat (gm)	8.3
sat fat (gm)	1.2
chol (mg)	0.0
sodium (mg)	148.9
carbs (gm)	36.3
protein (gm)	19.2
calcium (gm)	110.29
iron (gm)	2.78

VERNEY WOOLEY DINING

11/11/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/11/09

DINNER

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts	
Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/11/09

DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts	
Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/11/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts

Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/11/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts

Portion Size	4 oz Portion
calories	46
fat (gm)	2.3
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	475.8
carbs (gm)	6.4
protein (gm)	1.1
calcium (gm)	17.86
iron (gm)	0.74

VERNEY WOOLEY DINING 11/11/09

DINNER

STEAK FRIES

STEAK FRIES

Nutrition Facts

Portion Size	3 oz Portion
calories	199
fat (gm)	9.6
sat fat (gm)	2.4
chol (mg)	0.0
sodium (mg)	4.3
carbs (gm)	26.1
protein (gm)	3.1
calcium (gm)	10.87
iron (gm)	0.94

VERNEY WOOLEY DINING 11/11/09

DINNER

VEGAN BLACK EYED PEAS W/SPIN&BLGR

WATER,BEAN BLACKEYED CANNED,BULGUR
CRACKED WHEAT ,SALT,GROUND BLACK
PEPPER,FRZ CHOPPED SPINACH,VEGETABLE
SALAD OIL,ONIONS WHITE DICED 1/4",BASE
MIREPOIX

Nutrition Facts	
Portion Size	8oz portion
calories	518
fat (gm)	3.9
sat fat (gm)	0.2
chol (mg)	0.1
sodium (mg)	530.4
carbs (gm)	105.9
protein (gm)	17.7
calcium (gm)	70.80
iron (gm)	5.68

VERNEY WOOLEY DINING 11/11/09

DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX

Nutrition Facts	
Portion Size	4 oz Portion
calories	152
fat (gm)	1.4
sat fat (gm)	0.3
chol (mg)	0.1
sodium (mg)	213.4
carbs (gm)	31.1
protein (gm)	3.7
calcium (gm)	16.41
iron (gm)	0.59

VERNEY WOOLEY DINING 11/11/09

DINNER

VEGETARIAN CHEESE SOUP

BASE MIREPOIX,WATER TO MARK ON
KETTLE,FRESH CARROTS (CHOP
FINE),ONIONS WHITE DICED
1/4",HOMOGENIZED MILK,MARGARINE,FLOUR
UNBLEACHED UNBR SPRING KING,ONION
SALT,WHITE PEPPER,CAYENNE
PEPPER,SHREDDED CHEDDAR CHEESE

Nutrition Facts	
Portion Size	6 oz Portion
calories	146
fat (gm)	10.2
sat fat (gm)	3.8
chol (mg)	14.7
sodium (mg)	663.4
carbs (gm)	9.4
protein (gm)	4.6
calcium (gm)	121.20
iron (gm)	0.32

VERNEY WOOLEY DINING 11/11/09

DINNER

Egg Bar VW

MUSHROOMS FRESH, DICED, DICED
TOMATOES 1/4", SHREDDED CHEDDAR
CHEESE, HAM BNLS SMK OVAL FDL,
DICED, ONIONS WHITE DICED 1/4", SCRAMBLED
EGGS, PEPPERS GRN DICED 1/4", PAN GRILL
AEROSOL VEG, FROZEN EGG WHITES

Nutrition Facts

Portion Size	5oz portion
calories	211
fat (gm)	13.3
sat fat (gm)	5.4
chol (mg)	376.1
sodium (mg)	658.6
carbs (gm)	4.5
protein (gm)	17.7
calcium (gm)	137.12
iron (gm)	1.68

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

Portion Size	3.600 oz Portion
calories	134
fat (gm)	9.0
sat fat (gm)	2.8
chol (mg)	379.9
sodium (mg)	251.4
carbs (gm)	1.1
protein (gm)	11.2
calcium (gm)	44.00
iron (gm)	1.29

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

FRENCH TOAST

LIQUID EGGS, SUGAR, SALT, GROUND
CINNAMON, HOMOGENIZED MILK, TEXAS
TOAST BREAD, SYRUP MAPLE

Nutrition Facts

Portion Size	7.230 oz Portion
calories	405
fat (gm)	7.6
sat fat (gm)	2.2
chol (mg)	158.5
sodium (mg)	724.9
carbs (gm)	72.3
protein (gm)	12.6
calcium (gm)	141.79
iron (gm)	3.57

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

Portion Size	3.500 oz Portion
calories	139
fat (gm)	9.4
sat fat (gm)	3.0
chol (mg)	377.0
sodium (mg)	249.9
carbs (gm)	1.1
protein (gm)	11.5
calcium (gm)	43.72
iron (gm)	1.34

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

GRILLED SLICED BACON

BACON

Nutrition Facts

Portion Size	2 SLICE
calories	28
fat (gm)	2.4
sat fat (gm)	0.9
chol (mg)	4.2
sodium (mg)	78.8
carbs (gm)	0.0
protein (gm)	1.5
calcium (gm)	0.59
iron (gm)	0.08

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

MUFFINS MORNING GLORY '07

MILK SOY VANILLA,EGG BEATERS LIQ EGGS
NO CHOL - sysco,FLAX SEED - sysco,Cracklin'
Oat Bran Cereal,FLOUR UNBLEACHED UNBR
SPRING KING,BAKING POWDER X,Spice
Cinnamon Grd Bulk,KOSHER SALT,SLICED
FRESH APPLES,LIGHT BROWN
SUGAR,CARROTS SHREDDED,COCONUT
SWEET FLAKE 25#,OIL SALAD 90/10
ARREZZIO,VANILLA EXTRACT,BAKING CUP
4-1/2 "

Nutrition Facts

Portion Size	~MUFFINS
calories	149
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	0.0
sodium (mg)	728.4
carbs (gm)	31.4
protein (gm)	2.7
calcium (gm)	58.99
iron (gm)	1.52

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

PAPRIKA BREAKFAST POTATOES

RED POTATO QUARTERED RAW, GRANULATED GARLIC, GROUND WHITE PEPPER, ONION SALT, GROUND PAPRIKA, VEGETABLE SALAD OIL

Nutrition Facts

Portion Size	4 oz Portion
calories	202
fat (gm)	12.5
sat fat (gm)	1.0
chol (mg)	0.0
sodium (mg)	381.4
carbs (gm)	20.0
protein (gm)	2.5
calcium (gm)	9.78
iron (gm)	0.81

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS, WHITE PEPPER, SALT, HOMOGENIZED MILK

Nutrition Facts

Portion Size	4 oz Portion
calories	162
fat (gm)	10.6
sat fat (gm)	3.5
chol (mg)	420.7
sodium (mg)	534.8
carbs (gm)	2.4
protein (gm)	13.1
calcium (gm)	77.36
iron (gm)	1.45

VERNEY WOOLEY DINING 11/12/09

BREAKFAST

CHICKEN CAESAR SALAD WRAP V.W.

WHITE WINE (NOT CHABLIS), ROMANO CHEESE GRATED, PARSLEY FLAKES, JUICE LEMON REALEMON 48 oz, GROUND BLACK PEPPER, BONELESS CHICKEN BREAST, ROMAINE LETTUCE, RED PEPPERS DICE SMALL, RED ONIONS SLICE THIN, DRESS KENS CAESAR DELUXE, ROMANO CHEESE GRATED, TORTILLA WHITE, DRESS KENS CRMY CAESAR

Nutrition Facts

Portion Size	sandwich
calories	252
fat (gm)	15.8
sat fat (gm)	3.0
chol (mg)	57.0
sodium (mg)	393.0
carbs (gm)	3.6
protein (gm)	21.9
calcium (gm)	76.77
iron (gm)	1.65

VERNEY WOOLEY DINING 11/12/09

LUNCH

COOKIES MOLASSES '07

MARGARINE VEGAN SOY SPREAD ,WHOLE WHEAT FLOUR,BAKING SODA,GROUND GINGER,GROUND CINNAMON,GROUND NUTMEG,KOSHER SALT,LIGHT BROWN SUGAR,MOLASSES; NOT BLACK STRAP,FRESH EGGS

Nutrition Facts	
Portion Size	~COOKIES
calories	93
fat (gm)	0.6
sat fat (gm)	0.1
chol (mg)	11.0
sodium (mg)	181.3
carbs (gm)	21.0
protein (gm)	2.2
calcium (gm)	26.99
iron (gm)	1.06

VERNEY WOOLEY DINING 11/12/09 LUNCH

EGGPLANT PARMESAN GRINDER

EGGPLANT UNPEELD 3"HND CT,LIQUID EGGS,HOMOGENIZED MILK,SALT,BLACK PEPPER,BREAD CRUMBS,PARSLEY FRESH CHOPPED,ROMANO CHEESE GRATED,PAPRIKA,CELERY SALT,OREGANO LEAVES,SALT,BLACK PEPPER,GRANULATED GARLIC,ONION SALT,FLOUR UNBLEACHED UNBR SPRING KING,PIZZA BLEND CHEESE,ROMANO CHEESE GRATED,SPAGHETTI SAUCE,ROLL TORPEDO SUPERIOR

Nutrition Facts	
Portion Size	4 oz Portion
calories	384
fat (gm)	10.2
sat fat (gm)	3.0
chol (mg)	35.4
sodium (mg)	1953.0
carbs (gm)	59.9
protein (gm)	15.4
calcium (gm)	237.25
iron (gm)	4.37

VERNEY WOOLEY DINING 11/12/09 LUNCH

Grilled Santa Fe Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE OIL,SPICE SANTA FE

Nutrition Facts	
Portion Size	4oz portion
calories	184
fat (gm)	4.8
sat fat (gm)	1.2
chol (mg)	89.6
sodium (mg)	78.0
carbs (gm)	0.0
protein (gm)	32.7
calcium (gm)	15.82
iron (gm)	1.10

VERNEY WOOLEY DINING 11/12/09 LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG ROLLS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	264
fat (gm)	10.3
sat fat (gm)	3.6
chol (mg)	61.8
sodium (mg)	237.5
carbs (gm)	20.7
protein (gm)	20.6
calcium (gm)	36.19
iron (gm)	3.16

VERNEY WOOLEY DINING 11/12/09

LUNCH

Mediterranean Bar

KASHOOLI,Mediterranean Couscous,GREEK OLIVES KALMATA,HUMUS(WITH ROASTED PEPPERS,TABBOULEH VCM,Fried Tortillas,SYRIAN BREAD LARGE 7",Roasted Garlic & Spinach Humus

Nutrition Facts	
Portion Size	portion
calories	510
fat (gm)	20.8
sat fat (gm)	2.6
chol (mg)	0.1
sodium (mg)	869.6
carbs (gm)	68.1
protein (gm)	13.4
calcium (gm)	69.34
iron (gm)	3.61

VERNEY WOOLEY DINING 11/12/09

LUNCH

PASTA SALAD DIJON

DIJON MUSTARD,OLIVE OIL,RED WINE VINEGAR,FRESH RARERIPES SLICED,SALT,GARLIC CHOPPED/IN OIL,FRESH TOMATOES JULIENNE,FZ GREEN PEAS,BROCCOLI FLORETTE SMALL,FRZ PEA PODS CHINESE IQF,ELBOW MACARONI

Nutrition Facts	
Portion Size	4 oz Portion
calories	213
fat (gm)	9.0
sat fat (gm)	1.1
chol (mg)	0.0
sodium (mg)	100.4
carbs (gm)	27.7
protein (gm)	5.3
calcium (gm)	21.82
iron (gm)	1.48

VERNEY WOOLEY DINING 11/12/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/12/09

LUNCH

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts	
Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/12/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts	
Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/12/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts	
Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/12/09

LUNCH

SOUP BEEF VEGETABLE

MARGARINE,CARROTS DICED/1/4",CELERY DICED 1/4",ONIONS WHITE DICED 1/4",GRANULATED GARLIC,ROAST BEEF SLICED COOKED,CRUSHED TOMATOS,FROZEN PEAS,FROZEN LIMA BEANS,FROZEN CORN,BEEF BASE,BLACK PEPPER,WATER TO MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	62
fat (gm)	1.7
sat fat (gm)	0.4
chol (mg)	5.7
sodium (mg)	497.7
carbs (gm)	8.2
protein (gm)	4.1
calcium (gm)	22.75
iron (gm)	0.72

VERNEY WOOLEY DINING 11/12/09

LUNCH

STEAK FRIES

STEAK FRIES

Nutrition Facts	
Portion Size	3 oz Portion
calories	199
fat (gm)	9.6
sat fat (gm)	2.4
chol (mg)	0.0
sodium (mg)	4.3
carbs (gm)	26.1
protein (gm)	3.1
calcium (gm)	10.87
iron (gm)	0.94

VERNEY WOOLEY DINING 11/12/09

LUNCH

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4", WATER TO MARK
ON KETTLE, BROWN RICE, WHITE
PEPPER, BASE MIREPOIX

Nutrition Facts	
Portion Size	4 oz Portion
calories	152
fat (gm)	1.4
sat fat (gm)	0.3
chol (mg)	0.1
sodium (mg)	213.4
carbs (gm)	31.1
protein (gm)	3.7
calcium (gm)	16.41
iron (gm)	0.59

VERNEY WOOLEY DINING

11/12/09

LUNCH

VEGAN DAL CALI

DRIED LENTILS, WATER, ONIONS WHITE DICED
1/4", GROUND GINGER, GROUND
CARDAMOM, GROUND CORIANDER, GROUND
CAYENNE PEPPER, KOSHER SALT, VEGETABLE
SALAD OIL, VEGETABLE SALAD OIL, CUMIN
SEED WHOLE, ONIONS WHITE DICED
1/4", FRESH PARSLEY CHOPPED, GROUND
TURMERIC

Nutrition Facts	
Portion Size	8 oz Portion
calories	276
fat (gm)	8.6
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	771.6
carbs (gm)	37.7
protein (gm)	14.3
calcium (gm)	78.22
iron (gm)	6.58

VERNEY WOOLEY DINING

11/12/09

LUNCH

VEGAN ESCAROLE & BEAN SOUP

OLIVE OIL, ONIONS WHITE DICED 1/4", CELERY
DICED 1/4", GARLIC CHOPPED/IN OIL, CRUSHED
RED PEPPER NOT GR, GREAT NORTHERN
BEANS, FRESH PARSLEY
CHOPPED, ESCAROLE CUT 1/2" PCS, BASE
MIREPOIX, WATER TO MARK ON
KETTLE, BLACK PEPPER

Nutrition Facts	
Portion Size	6 OZ SERVING
calories	87
fat (gm)	3.7
sat fat (gm)	0.5
chol (mg)	0.3
sodium (mg)	580.0
carbs (gm)	10.4
protein (gm)	3.9
calcium (gm)	38.99
iron (gm)	1.18

VERNEY WOOLEY DINING

11/12/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL,HAMBURGER ROLL

Nutrition Facts

Portion Size	4 oz Portion
calories	251
fat (gm)	6.9
sat fat (gm)	0.5
chol (mg)	2.3
sodium (mg)	513.4
carbs (gm)	30.1
protein (gm)	16.6
calcium (gm)	28.85
iron (gm)	1.09

VERNEY WOOLEY DINING

11/12/09

LUNCH

ZUCCHINI & SUMMER SQUASH

YELLOW SQUASH HAND CUT,ZUCCHINI
SQUASH HAND CUT**Nutrition Facts**

Portion Size	3 oz Portion
calories	15
fat (gm)	0.2
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	1.7
carbs (gm)	3.5
protein (gm)	0.7
calcium (gm)	17.01
iron (gm)	0.30

VERNEY WOOLEY DINING

11/12/09

LUNCH

BBQ BOURBON SAUCE

BUTTER SOLIDS,KETCHUP,RED WINE
VINEGAR,BROWN SUGAR,MOLASSES,CHILI
POWDER,SALT,GROUND BLACK
PEPPER,GARLIC CHOPPED/IN OIL,ONIONS
WHITE DICED 1/4",WORCESTERSHIRE
SAUCE,GROUND PAPRIKA,COOKING
BOURBON,DR PEPPER SODA**Nutrition Facts**

Portion Size	PORTIONS
calories	107
fat (gm)	1.6
sat fat (gm)	0.9
chol (mg)	3.8
sodium (mg)	300.7
carbs (gm)	24.1
protein (gm)	0.4
calcium (gm)	49.02
iron (gm)	1.37

VERNEY WOOLEY DINING

11/12/09

DINNER

BBQ CORN SM

FRESH CORN ON THE COB,BBQ SAUCE
CATTLEMEN'S,MARGARINE,ALUMINUM FOIL
12" ROLL

Nutrition Facts	
Portion Size	Each
calories	408
fat (gm)	13.1
sat fat (gm)	2.5
chol (mg)	0.0
sodium (mg)	149.6
carbs (gm)	76.0
protein (gm)	10.6
calcium (gm)	20.65
iron (gm)	3.59

VERNEY WOOLEY DINING

11/12/09

DINNER

BISCUITS CHIVE-BUTTERMILK '06

PASTRY FLOUR,BAKING POWDER
X,BAKING SODA,KOSHER SALT,BUTTER SALT
FREE PRINTS,BUTTERMILK,HERB CHIVES
FRESH; CHOP FINE,LIQUID EGGS

Nutrition Facts	
Portion Size	~PORTIONS
calories	173
fat (gm)	8.0
sat fat (gm)	4.7
chol (mg)	40.4
sodium (mg)	221.6
carbs (gm)	21.7
protein (gm)	3.4
calcium (gm)	32.15
iron (gm)	2.07

VERNEY WOOLEY DINING

11/12/09

DINNER

BLACKENED CATFISH SM

CATFISH,GROUND PAPRIKA,ONION
POWDER,GARLIC POWDER,GROUND WHITE
PEPPER,GROUND CAYENNE
PEPPER,GROUND BLACK PEPPER,GROUND
THYME,GROUND OREGANO,BUTTER SOLIDS

Nutrition Facts	
Portion Size	PORTIONS
calories	374
fat (gm)	30.0
sat fat (gm)	14.3
chol (mg)	116.0
sodium (mg)	419.3
carbs (gm)	11.5
protein (gm)	15.9
calcium (gm)	72.12
iron (gm)	2.82

VERNEY WOOLEY DINING

11/12/09

DINNER

BOURBON BBQ CHICKEN

BUTTER SOLIDS,KETCHUP,RED WINE VINEGAR,BROWN SUGAR,MOLASSES,CHILI POWDER,SALT,GROUND BLACK PEPPER,GARLIC CHOPPED/IN OIL,ONIONS WHITE DICED 1/4",WORCESTERSHIRE SAUCE,GROUND PAPRIKA,COOKING BOURBON,DR PEPPER SODA,CHICKEN BREAST BNLSKL 4oz

Nutrition Facts	
Portion Size	5.75 OZ PORTIC
calories	303
fat (gm)	5.7
sat fat (gm)	2.2
chol (mg)	94.3
sodium (mg)	442.7
carbs (gm)	29.2
protein (gm)	33.2
calcium (gm)	75.26
iron (gm)	2.76

VERNEY WOOLEY DINING 11/12/09 DINNER

BREAD CORN, CHILI, BACON '08

Corn Meal Yellow 50 lb,MUFFIN MIX DELUXE,WATER,CHOPPED GREEN CHILI,CHEESE ASIAGO SHREDDED,SLICED BACON

Nutrition Facts	
Portion Size	~PORTIONS
calories	204
fat (gm)	6.4
sat fat (gm)	2.0
chol (mg)	3.5
sodium (mg)	391.3
carbs (gm)	34.7
protein (gm)	5.2
calcium (gm)	65.38
iron (gm)	1.73

VERNEY WOOLEY DINING 11/12/09 DINNER

GRILLED ASPARAGUS W BBQ SAUCE

GROUND BLACK PEPPER,SALT,OLIVE OIL,FRESH ASPARAGUS ,GROUND PAPRIKA,GRANULATED SUGAR,ONION POWDER,MARGARINE

Nutrition Facts	
Portion Size	4 OZ PORTION
calories	160
fat (gm)	11.4
sat fat (gm)	2.1
chol (mg)	0.0
sodium (mg)	171.4
carbs (gm)	15.2
protein (gm)	3.9
calcium (gm)	40.42
iron (gm)	3.17

VERNEY WOOLEY DINING 11/12/09 DINNER

GUACAMOLE DIP**VV**

FROZEN AVACADO
PULP,AVOCADOS,CHOPPED FRESH
TOMATOES,ONIONS WHITE DICED
1/4",CHOPPED GREEN CHILI,SALT,WHITE
PEPPER

Nutrition Facts

Portion Size	1OZ SERVING
calories	60
fat (gm)	5.1
sat fat (gm)	0.8
chol (mg)	0.0
sodium (mg)	99.7
carbs (gm)	3.4
protein (gm)	1.6
calcium (gm)	10.85
iron (gm)	0.58

VERNEY WOOLEY DINING**11/12/09****DINNER**

MACARONI AND CHEESE W/ AVOCADO TOMATOES

FLOUR UNBLEACHED UNBR SPRING
KING,MARGARINE,HOT MILK,SAUCE
YIELD,SALT,WHITE PEPPER,CHEDDAR
CHEESE SAUCE,ROMANO CHEESE
GRATED,TOMATOES SUN DRIED -
JULIENNE,SAUCE & CHEESE YIELD,ELBOW
MACARONI,ROMANO CHEESE
GRATED,POTATO CHIPS
CRUSHED,MARGARINE-MELTED,CHEESE
MONTERAY JACK SHRED,AVOCADO CALA
PULP

Nutrition Facts

Portion Size	8 oz Portion
calories	371
fat (gm)	19.0
sat fat (gm)	8.2
chol (mg)	32.9
sodium (mg)	811.7
carbs (gm)	36.7
protein (gm)	14.5
calcium (gm)	324.97
iron (gm)	2.11

VERNEY WOOLEY DINING**11/12/09****DINNER**

PICO DE GALLO SAUCE

SALT,LIMES CAL JUICED,CILANTRO FRESH
CHOPPED,PEPPERS JALAPENO FRESH 1/4"
DICE,PEPPERS GRN DICED/1/4,GARLIC
CHOPPED/IN OIL,ONIONS WHITE DICED
1/4",DICED TOMATOES 1/4"

Nutrition Facts

Portion Size	2 OZ PORTIONS
calories	21
fat (gm)	0.4
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	171.6
carbs (gm)	4.6
protein (gm)	0.7
calcium (gm)	9.99
iron (gm)	0.32

VERNEY WOOLEY DINING**11/12/09****DINNER**

POUND CAKE W/STRAW AND WHIP CREAM

CAKE FLOUR,VEG SHORTENING
VREAMAY,GRANULATED SUGAR,CAKE
FLOUR,FLOUR UNBLEACHED UNBR SPRING
KING,SALT,BAKING POWDER X,DRY MILK
POWDER,DRY MILK POWDER,WATER,LIQUID
EGGS,WATER,BUTTER FLAVOR,WHIPPED
CREAM,STRAWBERRY TOPPING

Nutrition Facts	
Portion Size	1.830 oz Portion
calories	202
fat (gm)	13.5
sat fat (gm)	7.0
chol (mg)	55.7
sodium (mg)	131.1
carbs (gm)	18.8
protein (gm)	2.1
calcium (gm)	35.32
iron (gm)	0.58

VERNEY WOOLEY DINING 11/12/09 DINNER

RED POTATO BBQ SALAD VCM REFECTORY

ONIONS WHITE DICED 1/4",FR PARSLEY,
PRECUT ROUGH,MAYONNAISE,OIL,WHITE
VINEGAR,SALT,WHITE PEPPER,MUSTARD
SALAD,SWEET RELISH,RED POTATOES,RED
POTATOES,EGGS HARD BOILED

Nutrition Facts	
Portion Size	4 oz Portion
calories	157
fat (gm)	7.1
sat fat (gm)	1.1
chol (mg)	33.1
sodium (mg)	326.0
carbs (gm)	21.4
protein (gm)	2.6
calcium (gm)	13.92
iron (gm)	0.53

VERNEY WOOLEY DINING 11/12/09 DINNER

SALAD BLACK BEAN

JUICE LEMON REALEMON 48 oz,RED
PEPPERS 1/4" DICE,FRESH RARERIPES
SLICED,FR PLUM TOMATOE 1/4"DICE,OLIVE
OIL,CILANTRO FRESH,GROUND BLACK
PEPPER,SALT,BEANS BLACK TURTLE CANNED

Nutrition Facts	
Portion Size	4 oz Portion
calories	70
fat (gm)	3.2
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	439.3
carbs (gm)	8.9
protein (gm)	2.5
calcium (gm)	22.26
iron (gm)	1.07

VERNEY WOOLEY DINING 11/12/09 DINNER

TART TRIPLE BERRY '08

TART CRUST/SWEET COOKIE
'08,STRAWBERRY PRESERVE,BAVARIAN
CREAM,FRESH RASPBERRIES,BLACKBERRY
FRESH ,BLUEBERRIES FRESH,STRAWBERRY
PRESERVE

Nutrition Facts

Portion Size	~PORTIONS
calories	231
fat (gm)	8.2
sat fat (gm)	4.6
chol (mg)	27.7
sodium (mg)	32.9
carbs (gm)	39.0
protein (gm)	2.2
calcium (gm)	20.23
iron (gm)	1.33

VERNEY WOOLEY DINING 11/12/09

DINNER

TEXAS BBQ BRISKET 2009

RESERVED MEAT JUICES,BBQ SAUCE
CATTLEMEN'S,WORCESTERSHIRE
SAUCE,VINEGAR RED WINE XX,BEEF
BASE,LIQUID SMOKE HICKORY,LIMES CAL
JUICED,BROWN SUGAR,FRESH PARSLEY
CHOPPED,FRESH RARERIPES
SLICED,GROUND BLACK PEPPER,GARLIC
CHOPPED/IN OIL,JALAPENO FRESH
DICED,FRESH BEEF BRISKET,VEGETABLE
SALAD OIL

Nutrition Facts

Portion Size	5 OZ PORTION
calories	295
fat (gm)	14.5
sat fat (gm)	4.0
chol (mg)	105.6
sodium (mg)	336.0
carbs (gm)	6.3
protein (gm)	34.4
calcium (gm)	27.40
iron (gm)	6.58

VERNEY WOOLEY DINING 11/12/09

DINNER

VEGAN BBQ NAVY PEA BEANS

VEGETABLE SALAD OIL,ONIONS WHITE DICED
1/4",GARLIC CHOPPED/IN OIL,TOMATO PASTE
USDA GRD FCY,GRANULATED
SUGAR,MOLASSES,SOY SAUCE
GALS,GROUND ALL SPICE,SALT,CRUSHED
RED PEPPER,CIDER VINEGAR,GREAT
NORTHERN BEANS

Nutrition Facts

Portion Size	8 oz Portion
calories	314
fat (gm)	4.6
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	1471.5
carbs (gm)	56.8
protein (gm)	13.9
calcium (gm)	93.60
iron (gm)	3.84

VERNEY WOOLEY DINING 11/12/09

DINNER

CANADIAN BACON

CANADIAN BACON 1 OZ SLICE

Nutrition Facts

Portion Size	2 oz Portion
calories	53
fat (gm)	2.4
sat fat (gm)	0.8
chol (mg)	16.6
sodium (mg)	441.8
carbs (gm)	0.4
protein (gm)	6.9
calcium (gm)	2.86
iron (gm)	0.23

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

Egg Bar VW

MUSHROOMS FRESH, DICED, DICED
TOMATOES 1/4", SHREDDED CHEDDAR
CHEESE, HAM BNLS SMK OVAL FDL,
DICED, ONIONS WHITE DICED 1/4", SCRAMBLED
EGGS, PEPPERS GRN DICED 1/4", PAN GRILL
AEROSOL VEG, FROZEN EGG WHITES

Nutrition Facts

Portion Size	5oz portion
calories	211
fat (gm)	13.3
sat fat (gm)	5.4
chol (mg)	376.1
sodium (mg)	658.6
carbs (gm)	4.5
protein (gm)	17.7
calcium (gm)	137.12
iron (gm)	1.68

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

EGGS HARD BOILED

FRESH EGGS

Nutrition Facts

Portion Size	3.600 oz Portion
calories	134
fat (gm)	9.0
sat fat (gm)	2.8
chol (mg)	379.9
sodium (mg)	251.4
carbs (gm)	1.1
protein (gm)	11.2
calcium (gm)	44.00
iron (gm)	1.29

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

FRIED EGGS

FRESH EGGS,PAN GRILL AEROSOL VEG

Nutrition Facts

Portion Size	3.500 oz Portion
calories	139
fat (gm)	9.4
sat fat (gm)	3.0
chol (mg)	377.0
sodium (mg)	249.9
carbs (gm)	1.1
protein (gm)	11.5
calcium (gm)	43.72
iron (gm)	1.34

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

HOME FRIES FRZ

POTATOES HASH BROWN/SLIC,GRANULATED
GARLIC,SALT,GROUND BLACK PEPPER**Nutrition Facts**

Portion Size	3 oz Portion
calories	75
fat (gm)	0.6
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	55.2
carbs (gm)	16.2
protein (gm)	1.9
calcium (gm)	9.36
iron (gm)	0.90

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

MUFFINS BANANA FROM MIX

WATER,MUFFIN MIX DELUXE,BANANA
PUREE,GRANULATED SUGAR**Nutrition Facts**

Portion Size	MUFFIN 3 oz
calories	226
fat (gm)	6.0
sat fat (gm)	1.5
chol (mg)	0.0
sodium (mg)	345.4
carbs (gm)	43.9
protein (gm)	3.7
calcium (gm)	19.20
iron (gm)	1.85

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

PANCAKES

WATER,EGG PANCAKE MIX,SYRUP MAPLE

Nutrition Facts

Portion Size	4 oz Portion
calories	214
fat (gm)	0.7
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	560.7
carbs (gm)	50.2
protein (gm)	3.2
calcium (gm)	170.24
iron (gm)	1.39

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

SCRAMBLED EGGS

LIQUID EGGS,WHITE
PEPPER,SALT,HOMOGENIZED MILK**Nutrition Facts**

Portion Size	4 oz Portion
calories	162
fat (gm)	10.6
sat fat (gm)	3.5
chol (mg)	420.7
sodium (mg)	534.8
carbs (gm)	2.4
protein (gm)	13.1
calcium (gm)	77.36
iron (gm)	1.45

VERNEY WOOLEY DINING 11/13/09

BREAKFAST

CHICKEN FINGERS BREADED FROZEN

CHICKEN BREAST STRIPS BRD

Nutrition Facts

Portion Size	4 piece
calories	426
fat (gm)	28.3
sat fat (gm)	5.7
chol (mg)	65.0
sodium (mg)	775.5
carbs (gm)	20.9
protein (gm)	20.6
calcium (gm)	21.45
iron (gm)	1.36

VERNEY WOOLEY DINING 11/13/09

LUNCH

COOKIES OATMEAL BUTTERSCOTCH '06

QUICK OATS,VANILLA EXTRACT,BAKING
SODA,BROWN SUGAR,SUGAR,FLOUR
UNBLEACHED UNBR SPRING KING,LIQUID
EGGS,Spice Cinnamon Grd Bulk,GROUND
NUTMEG,BUTTER BLEND ZERO TRANS bkshp -
jar,BAKING PAN LINERS
16X24,BUTTERSCOTCH CHIPS

Nutrition Facts	
Portion Size	~1.25 OZ. COOK
calories	77
fat (gm)	1.6
sat fat (gm)	1.2
chol (mg)	6.2
sodium (mg)	50.3
carbs (gm)	15.0
protein (gm)	1.1
calcium (gm)	10.94
iron (gm)	0.31

VERNEY WOOLEY DINING 11/13/09 LUNCH

HAMBURGER ON A BUN

BEEF GROUND PATTY 6/LB BS,HAMBURG
ROLLS

Nutrition Facts	
Portion Size	3.600 oz Portion
calories	264
fat (gm)	10.3
sat fat (gm)	3.6
chol (mg)	61.8
sodium (mg)	237.5
carbs (gm)	20.7
protein (gm)	20.6
calcium (gm)	36.19
iron (gm)	3.16

VERNEY WOOLEY DINING 11/13/09 LUNCH

HOT DOG ON A BUN

FRANKFURTERS BEEF,ROLLS HOT DOG NE
STYLE STRIP

Nutrition Facts	
Portion Size	3.5oz portion
calories	263
fat (gm)	17.0
sat fat (gm)	6.8
chol (mg)	34.4
sodium (mg)	708.2
carbs (gm)	17.9
protein (gm)	9.0
calcium (gm)	34.26
iron (gm)	1.66

VERNEY WOOLEY DINING 11/13/09 LUNCH

Mediterranean Bar

KASHOOLI, Mediterranean Couscous, GREEK OLIVES KALMATA, HUMUS (WITH ROASTED PEPPERS, TABBOULEH VCM, Fried Tortillas, SYRIAN BREAD LARGE 7", Roasted Garlic & Spinach Humus

Nutrition Facts

Portion Size	portion
calories	510
fat (gm)	20.8
sat fat (gm)	2.6
chol (mg)	0.1
sodium (mg)	869.6
carbs (gm)	68.1
protein (gm)	13.4
calcium (gm)	69.34
iron (gm)	3.61

VERNEY WOOLEY DINING 11/13/09

LUNCH

R I QUAHOG CHOWDER

CELERY DICED 1/4", ONIONS WHITE DICED 1/4", MARGARINE, DICED POTATOES 1/2", FZ CLAM JUICE BOIL/STRAIN, WHOLE QUAHAUGS GRIND 1/2", BLACK PEPPER, SALT, MARJORAM, WATER TO MARK ON KETTLE, CORN STARCH, WATER MEASURED

Nutrition Facts

Portion Size	6 oz Portion
calories	87
fat (gm)	1.7
sat fat (gm)	0.3
chol (mg)	13.8
sodium (mg)	403.3
carbs (gm)	12.0
protein (gm)	5.9
calcium (gm)	24.45
iron (gm)	5.05

VERNEY WOOLEY DINING 11/13/09

LUNCH

SEAFOOD SALAD

FR RARERIFE SL THIN BLNCH, CELERY DICED 1/4" BLANCHED, CRABMEAT SEAFOOD BLEND, GROUND WHITE PEPPER, MAYONNAISE, JUICE LEMON REALEMON 48 oz

Nutrition Facts

Portion Size	4 oz Portion
calories	152
fat (gm)	8.2
sat fat (gm)	1.2
chol (mg)	22.9
sodium (mg)	273.7
carbs (gm)	11.0
protein (gm)	9.2
calcium (gm)	24.85
iron (gm)	0.39

VERNEY WOOLEY DINING 11/13/09

LUNCH

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/13/09

LUNCH

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts	
Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/13/09

LUNCH

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts	
Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/13/09

LUNCH

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts	
Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/13/09

LUNCH

STEAMED VEGETABLE MELANGE

RED PEPPERS,FRESH BROCCOLI,FRESH
ZUCCHINI,FRESH CARROTS SLICED
1/8",SUMMER SQUASH,FRESH CAULIFLOWER
FLORETE

Nutrition Facts	
Portion Size	3 oz Portion
calories	20
fat (gm)	0.2
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	16.1
carbs (gm)	4.5
protein (gm)	1.0
calcium (gm)	17.40
iron (gm)	0.37

VERNEY WOOLEY DINING 11/13/09

LUNCH

VEGAN BROWN RICE PILAF & MUSHROOM

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,MUSHROOMS FRSH SL TUBE,BASE
MIREPOIX

Nutrition Facts	
Portion Size	3 oz Portion
calories	121
fat (gm)	1.1
sat fat (gm)	0.2
chol (mg)	0.1
sodium (mg)	167.2
carbs (gm)	24.7
protein (gm)	3.0
calcium (gm)	13.23
iron (gm)	0.57

VERNEY WOOLEY DINING 11/13/09

LUNCH

VEGAN CURRIED CHICKPEA AND GINGER

OLIVE OIL, ONIONS WHITE DICED 1/4", GARLIC CHOPPED/IN OIL, GROUND GINGER, GROUND CORIANDER, GROUND CARDAMOM, GROUND CAYENNE PEPPER, GARBANZO BEANS & LIQUID, CARROTS DICED/1/4", DICED POTATOES 1/2", SALT, WHOLE TOMATOES READY CUT

Nutrition Facts

Portion Size	8 oz Portion
calories	304
fat (gm)	4.8
sat fat (gm)	0.6
chol (mg)	0.0
sodium (mg)	780.1
carbs (gm)	55.2
protein (gm)	11.4
calcium (gm)	81.77
iron (gm)	3.23

VERNEY WOOLEY DINING

11/13/09

LUNCH

Vegan Nuggets

Vegan Nuggets, Breaded, Fzn

Nutrition Facts

Portion Size	4.80 OZ PORTIC
calories	274
fat (gm)	12.2
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	396.0
carbs (gm)	23.1
protein (gm)	17.7
calcium (gm)	0.00
iron (gm)	0.00

VERNEY WOOLEY DINING

11/13/09

LUNCH

VEGETARIAN MUSHROOM & VEG SOUP

CHOP FRESH MUSHROOM LG PC, ONIONS WHITE DICED 1/4", CELERY DICED 1/4", MARGARINE, BASE MIREPOIX, WATER TO MARK ON KETTLE, HALF & HALF CREAM, MARGARINE, FLOUR UNBLEACHED UNBR SPRING KING, CELERY SALT, BLACK PEPPER, WATER TO MARK ON KETTLE

Nutrition Facts

Portion Size	6 oz Portion
calories	87
fat (gm)	6.6
sat fat (gm)	2.1
chol (mg)	6.7
sodium (mg)	762.3
carbs (gm)	5.6
protein (gm)	1.9
calcium (gm)	31.42
iron (gm)	0.43

VERNEY WOOLEY DINING

11/13/09

LUNCH

VEGGIE PATTIES ORIGINAL

VEG PATTY ORIGINAL,HAMBURGER ROLL

Nutrition Facts

Portion Size	4 oz Portion
calories	251
fat (gm)	6.9
sat fat (gm)	0.5
chol (mg)	2.3
sodium (mg)	513.4
carbs (gm)	30.1
protein (gm)	16.6
calcium (gm)	28.85
iron (gm)	1.09

VERNEY WOOLEY DINING

11/13/09

LUNCH

ALFREDO SAUCE - cat 08

GARLIC CHOPPED/IN OIL,ROMANO CHEESE
GRATED,GROUND BLACK
PEPPER,MARGARINE,FLOUR UNBLEACHED
UNBR SPRING KING,CREAM HEAVY 20 QUART**Nutrition Facts**

Portion Size	4 oz Portion
calories	396
fat (gm)	41.1
sat fat (gm)	25.1
chol (mg)	148.0
sodium (mg)	128.3
carbs (gm)	4.4
protein (gm)	4.4
calcium (gm)	136.26
iron (gm)	0.14

VERNEY WOOLEY DINING

11/13/09

DINNER

BANANAS FOSTER CT-32-GAL

BROWN SUGAR,SUGAR,BUTTER
SOLIDS,CINNAMON,WATER,RUM
LIGHT,BANANAS,BANANA EXTRACT,BANANA
PUREE**Nutrition Facts**

Portion Size	4 oz Portion
calories	264
fat (gm)	2.4
sat fat (gm)	1.4
chol (mg)	5.6
sodium (mg)	30.1
carbs (gm)	63.1
protein (gm)	0.8
calcium (gm)	23.37
iron (gm)	0.66

VERNEY WOOLEY DINING

11/13/09

DINNER

BEETS IN ORANGE SAUCE

KOSHER SALT,ORANGE JUICE,OIL
OLIVE,GROUND BLACK PEPPER,GRANULATED
SUGAR,BUTTER SOLIDS,ORANGES, PEELED,
MINCED,VINEGAR RED WINE XX,BEETS,
DRAINED

Nutrition Facts	
Portion Size	3oz portion
calories	115
fat (gm)	7.2
sat fat (gm)	2.8
chol (mg)	9.9
sodium (mg)	320.5
carbs (gm)	12.7
protein (gm)	1.0
calcium (gm)	19.91
iron (gm)	1.58

VERNEY WOOLEY DINING 11/13/09 DINNER

BREAD ITALIAN CT 12

WATER,YEAST,GRANULATED
SUGAR,SALT,VEG SHORTENING ALL
PRPOSE,FLOUR SUNSHINE,DRY MILK
POWDER

Nutrition Facts	
Portion Size	2 oz Portion
calories	131
fat (gm)	1.2
sat fat (gm)	0.3
chol (mg)	0.5
sodium (mg)	248.8
carbs (gm)	27.4
protein (gm)	3.5
calcium (gm)	16.29
iron (gm)	0.76

VERNEY WOOLEY DINING 11/13/09 DINNER

CARROTS SLICED FRESH

FRESH CARROTS SLICED 1/8"

Nutrition Facts	
Portion Size	3 oz Portion
calories	39
fat (gm)	0.2
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	57.0
carbs (gm)	9.0
protein (gm)	0.9
calcium (gm)	26.76
iron (gm)	0.54

VERNEY WOOLEY DINING 11/13/09 DINNER

CHERRIES JUBILEE

DARK SWEET CHERRIES,WATER (USE
CHERRIE JUICE),CORN STARCH,RUM LIGHT

Nutrition Facts	
Portion Size	2 oz Portion
calories	27
fat (gm)	0.0
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	1.4
carbs (gm)	6.9
protein (gm)	0.4
calcium (gm)	6.40
iron (gm)	0.27

VERNEY WOOLEY DINING 11/13/09 DINNER

GRILLED CHICKEN

CHICKEN BREAST BNLSKL 4oz,SALT,GROUND
BLACK PEPPER,GRANULATED
GARLIC,GROUND PAPRIKA

Nutrition Facts	
Portion Size	4 OZ PORTION
calories	175
fat (gm)	3.8
sat fat (gm)	1.1
chol (mg)	89.6
sodium (mg)	148.5
carbs (gm)	0.2
protein (gm)	32.8
calcium (gm)	16.43
iron (gm)	1.14

VERNEY WOOLEY DINING 11/13/09 DINNER

PASTA W/ SEAFOOD MEDLEY

CORN STARCH,SHRIMP LG P+D 70/90
CT,SCALLOPS,VEGETABLE SALAD
OIL,CARROTS SLICE 1/8"BLANCH,RED
PEPPERS JULIENNE,ZUCCHINI SQUASH
JULIENNE,FRESH LEEKS JULIENNE,FRESH
SNOW PEAS,VEGETABLE SALAD
OIL,GRANULATED SUGAR,WHITE
VINEGAR,SOY SAUCE GALS,COOKING
SHERRY,KETCHUP,PINEAPPLE JUICE,MEDIUM
SHELLS

Nutrition Facts	
Portion Size	6 oz Portion
calories	328
fat (gm)	3.1
sat fat (gm)	0.4
chol (mg)	90.2
sodium (mg)	537.2
carbs (gm)	53.8
protein (gm)	19.7
calcium (gm)	50.27
iron (gm)	3.21

VERNEY WOOLEY DINING 11/13/09 DINNER

PENNE

OLIVE OIL,MOSTOCCHIOLI PASTA

Nutrition Facts

Portion Size	8 oz Portion
calories	307
fat (gm)	3.2
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	2.1
carbs (gm)	58.5
protein (gm)	9.8
calcium (gm)	14.45
iron (gm)	2.90

VERNEY WOOLEY DINING 11/13/09

DINNER

POUND CAKE FROM MIX

WATER,WATER,VEG SHORTENING
VREAMAY,CAKE FLOUR,LIQUID
EGGS,GRANULATED SUGAR,CAKE MIX POUND
CAKE**Nutrition Facts**

Portion Size	SLICE
calories	237
fat (gm)	9.7
sat fat (gm)	2.7
chol (mg)	39.7
sodium (mg)	85.8
carbs (gm)	34.8
protein (gm)	2.8
calcium (gm)	16.84
iron (gm)	1.42

VERNEY WOOLEY DINING 11/13/09

DINNER

R I QUAHOG CHOWDER

CELERY DICED 1/4",ONIONS WHITE DICED
1/4",MARGARINE,DICED POTATOES 1/2",FZ
CLAM JUICE BOIL/STRAIN,WHOLE QUAHAUGS
GRIND 1/2",BLACK
PEPPER,SALT,MARJORAM,WATER TO MARK
ON KETTLE,CORN STARCH,WATER
MEASURED**Nutrition Facts**

Portion Size	6 oz Portion
calories	87
fat (gm)	1.7
sat fat (gm)	0.3
chol (mg)	13.8
sodium (mg)	403.3
carbs (gm)	12.0
protein (gm)	5.9
calcium (gm)	24.45
iron (gm)	5.05

VERNEY WOOLEY DINING 11/13/09

DINNER

ROASTED FINGERLING POTATOES

SALT,GROUND BLACK PEPPER,POTATOES
FINGERLING RUSS BAN,FRESH SHALLOTS
CHOPPED LG,OLIVE OIL,WHOLE CARAWAY
SEED

Nutrition Facts	
Portion Size	3 OZ SERVING
calories	172
fat (gm)	13.2
sat fat (gm)	1.8
chol (mg)	0.0
sodium (mg)	79.9
carbs (gm)	12.3
protein (gm)	2.5
calcium (gm)	33.83
iron (gm)	3.04

VERNEY WOOLEY DINING 11/13/09

DINNER

SEAFOOD SALAD

FR RARERIPE SL THIN BLNCH,CELERY DICED
1/4" BLANCHD,CRABMEAT SEAFOOD
BLEND,GROUND WHITE
PEPPER,MAYONNAISE,JUICE LEMON
REALEMON 48 oz

Nutrition Facts	
Portion Size	4 oz Portion
calories	152
fat (gm)	8.2
sat fat (gm)	1.2
chol (mg)	22.9
sodium (mg)	273.7
carbs (gm)	11.0
protein (gm)	9.2
calcium (gm)	24.85
iron (gm)	0.39

VERNEY WOOLEY DINING 11/13/09

DINNER

SLICED AMERICAN CHEESE

AMERICAN CHEESE

Nutrition Facts	
Portion Size	SLICE
calories	63
fat (gm)	4.6
sat fat (gm)	2.9
chol (mg)	12.1
sodium (mg)	183.5
carbs (gm)	1.6
protein (gm)	3.7
calcium (gm)	94.44
iron (gm)	0.16

VERNEY WOOLEY DINING 11/13/09

DINNER

SLICED GENOA SALAMI

GENOA SALAMI

Nutrition Facts	
Portion Size	2 oz Portion
calories	225
fat (gm)	18.5
sat fat (gm)	6.6
chol (mg)	42.6
sodium (mg)	1001.9
carbs (gm)	1.4
protein (gm)	12.3
calcium (gm)	4.31
iron (gm)	0.81

VERNEY WOOLEY DINING 11/13/09

DINNER

SLICED PROVOLONE

PROVOLONE CHEESE

Nutrition Facts	
Portion Size	1 oz Portion
calories	100
fat (gm)	7.5
sat fat (gm)	4.8
chol (mg)	19.5
sodium (mg)	248.2
carbs (gm)	0.6
protein (gm)	7.3
calcium (gm)	214.29
iron (gm)	0.15

VERNEY WOOLEY DINING 11/13/09

DINNER

SLICED TURKEY

COOKED TURKEY BREAST

Nutrition Facts	
Portion Size	2 oz Portion
calories	71
fat (gm)	2.0
sat fat (gm)	0.6
chol (mg)	23.8
sodium (mg)	225.1
carbs (gm)	0.0
protein (gm)	12.6
calcium (gm)	5.10
iron (gm)	0.37

VERNEY WOOLEY DINING 11/13/09

DINNER

SPAGHETTI SAUCE

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND
TOMATOES,TOMATO PUREE 1.06,TOMATO
PASTE USDA GRD
FCY,SUGAR,SALT,OREGANO,BASIL,BLACK
PEPPER,CRUSHED RED PEPPER,WATER TO
MARK ON KETTLE

Nutrition Facts	
Portion Size	4 oz Portion
calories	46
fat (gm)	2.3
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	475.8
carbs (gm)	6.4
protein (gm)	1.1
calcium (gm)	17.86
iron (gm)	0.74

VERNEY WOOLEY DINING 11/13/09 DINNER

VEGAN BROWN RICE PILAF

ONIONS WHITE DICED 1/4",WATER TO MARK
ON KETTLE,BROWN RICE,WHITE
PEPPER,BASE MIREPOIX

Nutrition Facts	
Portion Size	4 oz Portion
calories	152
fat (gm)	1.4
sat fat (gm)	0.3
chol (mg)	0.1
sodium (mg)	213.4
carbs (gm)	31.1
protein (gm)	3.7
calcium (gm)	16.41
iron (gm)	0.59

VERNEY WOOLEY DINING 11/13/09 DINNER

VEGAN CURRIED CHICKPEA AND GINGER

OLIVE OIL,ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,GROUND GINGER,GROUND
CORIANDER,GROUND CARDAMOM,GROUND
CAYENNE PEPPER,GARBANZO BEANS &
LIQUID,CARROTS DICED/1/4",DICED
POTATOES 1/2",SALT,WHOLE TOMATOES
READY CUT

Nutrition Facts	
Portion Size	8 oz Portion
calories	304
fat (gm)	4.8
sat fat (gm)	0.6
chol (mg)	0.0
sodium (mg)	780.1
carbs (gm)	55.2
protein (gm)	11.4
calcium (gm)	81.77
iron (gm)	3.23

VERNEY WOOLEY DINING 11/13/09 DINNER

VEGETARIAN MUSHROOM & VEG SOUP

CHOP FRESH MUSHROOM LG PC, ONIONS
WHITE DICED 1/4", CELERY DICED
1/4", MARGARINE, BASE MIREPOIX, WATER TO
MARK ON KETTLE, HALF & HALF
CREAM, MARGARINE, FLOUR UNBLEACHED
UNBR SPRING KING, CELERY SALT, BLACK
PEPPER, WATER TO MARK ON KETTLE

Nutrition Facts

Portion Size	6 oz Portion
calories	87
fat (gm)	6.6
sat fat (gm)	2.1
chol (mg)	6.7
sodium (mg)	762.3
carbs (gm)	5.6
protein (gm)	1.9
calcium (gm)	31.42
iron (gm)	0.43

VERNEY WOOLEY DINING

11/13/09

DINNER
