

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 9/28/09

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 9/28/09

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 9/28/09

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

9/28/09

BREAKFAST

MUFFINS RASPBERRY CORN FROM MIX '06

Corn Meal Yellow 50 lb,MUFFIN MIX
DELUXE,WATER,VEGETABLE SALAD
OIL,RASPBERRY FILLING,BAKING CUP 4-1/2 "

Nutrition Facts

Portion Size	MUFFIN 3 oz
calories	264
fat (gm)	11.3
sat fat (gm)	1.7
chol (mg)	0.0
sodium (mg)	301.0
carbs (gm)	40.1
protein (gm)	3.8
calcium (gm)	16.99
iron (gm)	1.87

VERNEY WOOLEY DINING

9/28/09

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

9/28/09

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 9/28/09

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 9/28/09

BREAKFAST

BAKED MANICOTTI AND SAUCE

MANICOTTI (AMT REQUIRED),SPAGHETTI
SAUCE (AMT REQ),WATER AMT REQ TO THIN
SCE,PARMESAN CHEESE**Nutrition Facts**

Portion Size	11.20 oz Portion
calories	385
fat (gm)	20.9
sat fat (gm)	0.8
chol (mg)	3.3
sodium (mg)	845.6
carbs (gm)	30.1
protein (gm)	20.0
calcium (gm)	50.24
iron (gm)	0.72

VERNEY WOOLEY DINING 9/28/09

LUNCH

Baked Potato Parstock VW

BAKING POTATOES, SOUR CREAM, FREEZE DRIED CHIVES, IMITATION BACON BITS, CHEDDAR CHEESE SAUCE, BROCCOLI CUTS, CHILI CON CARNE, CHILI VEGETARIAN SNACK BARS, SHREDDED CHEDDAR CHEESE

Nutrition Facts

Portion Size	potato
calories	154
fat (gm)	7.3
sat fat (gm)	4.3
chol (mg)	21.9
sodium (mg)	354.0
carbs (gm)	15.2
protein (gm)	7.5
calcium (gm)	145.73
iron (gm)	1.15

VERNEY WOOLEY DINING

9/28/09

LUNCH

BASIL TOMATO CREAM SAUCE - cat 08

MARGARINE, FLOUR UNBLEACHED UNBR SPRING KING, HOMOGENIZED MILK, HALF AND HALF CREAM, ROMANO CHEESE GRATED, GARLIC CHOPPED/IN OIL, FRESH BASIL CHOPPED, SALT, GROUND BLACK PEPPER, FRESH TOMATOES HAND DICE

Nutrition Facts

Portion Size	4 oz Portion
calories	150
fat (gm)	9.9
sat fat (gm)	4.9
chol (mg)	25.2
sodium (mg)	220.9
carbs (gm)	10.4
protein (gm)	6.4
calcium (gm)	289.40
iron (gm)	2.42

VERNEY WOOLEY DINING

9/28/09

LUNCH

CHICKEN GUMBO SOUP

ONIONS WHITE DICED 1/4", CELERY DICED 1/4", MARGARINE, WHITE PEPPER, CKD CHICKEN MEAT 3/8 DICE, PEPPERS GRN DICED 1/4, CRUSHED TOMATOS, CUT OKRA CANNED, CHICKEN BASE, WATER TO MARK ON KETTLE, WHITE RICE

Nutrition Facts

Portion Size	6 oz Portion
calories	72
fat (gm)	2.9
sat fat (gm)	0.7
chol (mg)	12.9
sodium (mg)	692.8
carbs (gm)	5.7
protein (gm)	5.7
calcium (gm)	25.33
iron (gm)	0.59

VERNEY WOOLEY DINING

9/28/09

LUNCH

FRESH BROCCOLI

BROCCOLI FLORETTE

Nutrition Facts

Portion Size	3 oz Portion
calories	24
fat (gm)	0.3
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	22.8
carbs (gm)	4.4
protein (gm)	2.5
calcium (gm)	40.50
iron (gm)	0.74

VERNEY WOOLEY DINING

9/28/09

LUNCH

FRIED CLAMS ON A BUN

BREADED CLAM STRIPS,ROLLS HOT DOG NE
STYLE STRIP**Nutrition Facts**

Portion Size	5 oz Portion
calories	299
fat (gm)	13.0
sat fat (gm)	3.1
chol (mg)	63.5
sodium (mg)	528.7
carbs (gm)	27.3
protein (gm)	17.0
calcium (gm)	87.18
iron (gm)	14.93

VERNEY WOOLEY DINING

9/28/09

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

9/28/09

LUNCH

Italian Marinated Chicken

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

<u>Nutrition Facts</u>	
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 9/28/09

LUNCH

RICE KRISPIE TREATS

MARGARINE,MINI MARSHMALLOWS,CEREAL
RICE KRISPIES BULK

<u>Nutrition Facts</u>	
Portion Size	1.220 oz Portion
calories	142
fat (gm)	3.2
sat fat (gm)	0.6
chol (mg)	0.0
sodium (mg)	200.5
carbs (gm)	27.5
protein (gm)	1.3
calcium (gm)	3.56
iron (gm)	0.86

VERNEY WOOLEY DINING 9/28/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

<u>Nutrition Facts</u>	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 9/28/09

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 9/28/09

LUNCH

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING 9/28/09

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 9/28/09

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 9/28/09

LUNCH

TARTAR SAUCE

SWEET RELISH,MAYONNAISE

Nutrition Facts

Portion Size	2 oz Portion
calories	184
fat (gm)	14.1
sat fat (gm)	2.0
chol (mg)	10.9
sodium (mg)	403.2
carbs (gm)	15.1
protein (gm)	0.5
calcium (gm)	8.83
iron (gm)	0.20

VERNEY WOOLEY DINING 9/28/09

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 9/28/09

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

9/28/09

LUNCH

VEGAN MOROCCAN BEANS W/ RAISINS

ONIONS WHITE SLICED 1/4", GARLIC
CHOPPED/IN OIL, VEGETABLE SALAD
OIL, BUTTERNUT SQUASH CUBE
3/4", WATER, RAISINS, GROUND
TURMERIC, GROUND CINNAMON, GROUND
GINGER, GARBANZO BEANS, BASE MIREPOIX

Nutrition Facts	
Portion Size	8 oz Portion
calories	274
fat (gm)	5.7
sat fat (gm)	0.5
chol (mg)	0.2
sodium (mg)	674.1
carbs (gm)	49.9
protein (gm)	8.5
calcium (gm)	87.80
iron (gm)	2.91

VERNEY WOOLEY DINING

9/28/09

LUNCH

VEGETARIAN VEGETABLE BARLEY SOUP

PEARL BARLEY, CARROTS DICED/1/4", CELERY
DICED 1/4", ONIONS WHITE DICED
1/4", MARGARINE, BASE MIREPOIX, WATER TO
MARK ON KETTLE, TOMATO PUREE 1.06, BLACK
PEPPER, PEAS, FROZEN, TOMATOS,
DICED, WATER TO MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	83
fat (gm)	2.2
sat fat (gm)	0.4
chol (mg)	0.5
sodium (mg)	751.4
carbs (gm)	14.0
protein (gm)	2.6
calcium (gm)	22.21
iron (gm)	0.69

VERNEY WOOLEY DINING

9/28/09

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

9/28/09

LUNCH

BREAD FOCACCIA W/MIXED HERBS ('08)

YEAST,GRANULATED
SUGAR,SALT,WATER,OLIVE OIL,FRESH
THYME,OLIVE OIL,GROUND OREGANO,SPICE
CELERY SEED GROUND,SPICE SAGE,FLOUR
SUNSHINE,FRESH PARSLEY**Nutrition Facts**

Portion Size	~PORTIONS
calories	381
fat (gm)	10.7
sat fat (gm)	1.4
chol (mg)	0.0
sodium (mg)	523.9
carbs (gm)	65.8
protein (gm)	8.0
calcium (gm)	33.29
iron (gm)	2.23

VERNEY WOOLEY DINING

9/28/09

DINNER

CAKE AMBROSIA CT-54

CAKE BATTER YELLOW FROM MIX,TROPICAL
FRUIT SALAD,MARGARINE,LIGHT BROWN
SUGAR,HOMOGENIZED MILK,COCONUT**Nutrition Facts**

Portion Size	4.460 oz Portion
calories	278
fat (gm)	8.9
sat fat (gm)	2.5
chol (mg)	1.0
sodium (mg)	277.2
carbs (gm)	49.0
protein (gm)	1.9
calcium (gm)	64.12
iron (gm)	1.03

VERNEY WOOLEY DINING

9/28/09

DINNER

CHICKEN GUMBO SOUP

ONIONS WHITE DICED 1/4", CELERY DICED 1/4", MARGARINE, WHITE PEPPER, CKD CHICKEN MEAT 3/8 DICE, PEPPERS GRN DICED 1/4, CRUSHED TOMATOS, CUT OKRA CANNED, CHICKEN BASE, WATER TO MARK ON KETTLE, WHITE RICE

Nutrition Facts

Portion Size	6 oz Portion
calories	72
fat (gm)	2.9
sat fat (gm)	0.7
chol (mg)	12.9
sodium (mg)	692.8
carbs (gm)	5.7
protein (gm)	5.7
calcium (gm)	25.33
iron (gm)	0.59

VERNEY WOOLEY DINING

9/28/09

DINNER

CHUNKY MARINARA SAUCE

OLIVE OIL, TOMATO PLUM DANIELE BRAND, KOSHER SALT, GROUND BLACK PEPPER, FRESH BASIL JULIENNE, ONIONS WHITE DICED 1/4", GARLIC PEELED CHOPPED

Nutrition Facts

Portion Size	4 oz Portion
calories	107
fat (gm)	4.1
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	694.4
carbs (gm)	17.9
protein (gm)	3.1
calcium (gm)	66.45
iron (gm)	2.36

VERNEY WOOLEY DINING

9/28/09

DINNER

Creamy Rosemary Polenta

HOMOGENIZED MILK, CREAM HALF & HALF 20 QT DISP, WATER, ROSEMARY WHOLE, Corn Meal Yellow 50 lb, CHEESE MASCARPONE, CHEESE PARMESAN SHREDDED

Nutrition Facts

Portion Size	4oz portion
calories	111
fat (gm)	2.4
sat fat (gm)	1.1
chol (mg)	6.2
sodium (mg)	30.3
carbs (gm)	19.7
protein (gm)	3.3
calcium (gm)	58.86
iron (gm)	0.88

VERNEY WOOLEY DINING

9/28/09

DINNER

FETTUCINI W/BABY GREENS

MESCLUN SPRING MIX,CHEESE GOAT,OLIVE OIL (WARM),KOSHER SALT,FETTUCCHINE NOODLES,BELGIUM ENDIVE JULIENNE,JUICE LEMON REALEMON 48 oz,GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	6 oz Portion
calories	215
fat (gm)	10.8
sat fat (gm)	2.5
chol (mg)	33.4
sodium (mg)	82.5
carbs (gm)	23.5
protein (gm)	6.1
calcium (gm)	40.20
iron (gm)	1.10

VERNEY WOOLEY DINING

9/28/09

DINNER

FRESH VEGETABLE MELANGE

FRESH ZUCHINI,FRESH CARROTS SLICED 1/8",SUMMER SQUASH,FRESH CAULIFLOWER

Nutrition Facts	
Portion Size	3 oz Portion
calories	23
fat (gm)	0.2
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	21.9
carbs (gm)	5.2
protein (gm)	1.0
calcium (gm)	19.99
iron (gm)	0.38

VERNEY WOOLEY DINING

9/28/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING

9/28/09

DINNER

Roasted Honey & Chili Chicken

HONEY,CHICKEN 9 CUT,CHILI POWDER,JUICE
LIME REALIME 1 GAL,SALT,GROUND BLACK
PEPPER

Nutrition Facts	
Portion Size	8oz portion
calories	699
fat (gm)	40.6
sat fat (gm)	10.6
chol (mg)	233.6
sodium (mg)	1433.0
carbs (gm)	29.4
protein (gm)	52.5
calcium (gm)	64.65
iron (gm)	4.93

VERNEY WOOLEY DINING

9/28/09

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

9/28/09

DINNER

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING

9/28/09

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 9/28/09

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 9/28/09

DINNER

Spicy Cuban Stir Fry

CHILI POWDER,GROUND
CUMIN,SALT,GROUND BLACK PEPPER,JUICE
LIME REALIME 1 GAL,OIL SALAD 90/10
ARREZZIO,OIL SALAD 90/10 ARREZZIO,GARLIC
CHOPPED/IN OIL,CRUSHED RED PEPPER,RED
PEPPERS, 1/4" DICED,FRZ CORN WHOLE
KERNEL,BEANS BLACK TURTLE CANNED,
DRAINED,Spinach Baby,WHITE
RICE,WATER,SALT,GROUND BLACK
PEPPER,BEEF STIR FRY STRIPS

Nutrition Facts

Portion Size	6oz portion
calories	217
fat (gm)	3.7
sat fat (gm)	1.4
chol (mg)	16.7
sodium (mg)	503.8
carbs (gm)	34.1
protein (gm)	11.4
calcium (gm)	40.26
iron (gm)	3.00

VERNEY WOOLEY DINING 9/28/09

DINNER

Spicy Vegetarian Cuban Stir Fry

CANNED PINTO BEANS, DRAINED, CHILI POWDER, GROUND CUMIN, SALT, GROUND BLACK PEPPER, JUICE LIME REALIME 1 GAL, OIL SALAD 90/10 ARREZZIO, GARLIC CHOPPED/IN OIL, CRUSHED RED PEPPER, RED PEPPERS, 1/4" DICED, FRZ CORN WHOLE KERNEL, BEANS BLACK TURTLE CANNED, DRAINED, Spinach Baby, WHITE RICE, WATER, SALT, GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6oz portion
calories	244
fat (gm)	0.9
sat fat (gm)	0.2
chol (mg)	0.0
sodium (mg)	806.4
carbs (gm)	51.0
protein (gm)	8.2
calcium (gm)	65.78
iron (gm)	3.52

VERNEY WOOLEY DINING

9/28/09

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

9/28/09

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

9/28/09

DINNER

VEGAN MOROCCAN BEANS W/ RAISINS

ONIONS WHITE SLICED 1/4,GARLIC
CHOPPED/IN OIL,VEGETABLE SALAD
OIL,BUTTERNUT SQUASH CUBE
3/4,WATER,RAISINS,GROUND
TUMERIC,GROUND CINNAMON,GROUND
GINGER,GARBANZO BEANS,BASE MIREPOIX

Nutrition Facts	
Portion Size	8 oz Portion
calories	274
fat (gm)	5.7
sat fat (gm)	0.5
chol (mg)	0.2
sodium (mg)	674.1
carbs (gm)	49.9
protein (gm)	8.5
calcium (gm)	87.80
iron (gm)	2.91

VERNEY WOOLEY DINING 9/28/09

DINNER

VEGETARIAN VEGETABLE BARLEY SOUP

PEARL BARLEY,CARROTS DICED/1/4",CELERY
DICED 1/4",ONIONS WHITE DICED
1/4",MARGARINE,BASE MIREPOIX,WATER TO
MARK ON KETTLE,TOMATO PUREE 1.06,BLACK
PEPPER,PEAS, FROZEN,TOMATOS,
DICED,WATER TO MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	83
fat (gm)	2.2
sat fat (gm)	0.4
chol (mg)	0.5
sodium (mg)	751.4
carbs (gm)	14.0
protein (gm)	2.6
calcium (gm)	22.21
iron (gm)	0.69

VERNEY WOOLEY DINING 9/28/09

DINNER

WAX BEANS

CUT WAX BEANS FRZ

Nutrition Facts	
Portion Size	3 oz Portion
calories	23
fat (gm)	0.1
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	11.6
carbs (gm)	5.4
protein (gm)	1.2
calcium (gm)	40.01
iron (gm)	0.73

VERNEY WOOLEY DINING 9/28/09

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 9/28/09

DINNER

CAJUN POTATOES

VEGETABLE SALAD OIL,SALT,GROUND
CAYENNE PEPPER,GRANULATED
GARLIC,GROUND WHITE PEPPER,RED
POTATOES QUARTERED**Nutrition Facts**

Portion Size	3 oz Portion
calories	107
fat (gm)	4.5
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	99.9
carbs (gm)	14.8
protein (gm)	1.9
calcium (gm)	6.47
iron (gm)	0.53

VERNEY WOOLEY DINING 9/29/09

BREAKFAST

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 9/29/09

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 9/29/09

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 9/29/09

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 9/29/09

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 9/29/09

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 9/29/09

BREAKFAST

Baked Potato Parstock VW

BAKING POTATOES,SOUR CREAM,FREEZE
DRIED CHIVES,IMITATION BACON
BITS,CHEDDAR CHEESE SAUCE,BROCCOLI
CUTS,CHILI CON CARNE,CHILI VEGETARIAN
SNACK BARS,SHREDDED CHEDDAR CHEESE**Nutrition Facts**

Portion Size	potato
calories	154
fat (gm)	7.3
sat fat (gm)	4.3
chol (mg)	21.9
sodium (mg)	354.0
carbs (gm)	15.2
protein (gm)	7.5
calcium (gm)	145.73
iron (gm)	1.15

VERNEY WOOLEY DINING 9/29/09

LUNCH

BEAN AND BACON SOUP

BACON COOKED & CHOPPED,ONIONS WHITE DICED 1/4",CARROTS DICED/1/4",CELERY DICED 1/4",PARSLEY ROUGH CUT,BEEF BASE,RAW POTATOES CHOPPED,KIDNEY BEANS CHOP COARSE.,WATER TO MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	81
fat (gm)	3.9
sat fat (gm)	1.4
chol (mg)	6.4
sodium (mg)	544.0
carbs (gm)	7.4
protein (gm)	4.2
calcium (gm)	13.90
iron (gm)	0.59

VERNEY WOOLEY DINING

9/29/09

LUNCH

CHEESE SAUCE

CHEDDAR CHEESE SAUCE

Nutrition Facts	
Portion Size	1 oz Portion
calories	85
fat (gm)	6.2
sat fat (gm)	3.9
chol (mg)	16.1
sodium (mg)	474.0
carbs (gm)	2.5
protein (gm)	4.8
calcium (gm)	163.89
iron (gm)	0.10

VERNEY WOOLEY DINING

9/29/09

LUNCH

COOKIES WHITE CHOCOLATE CHIP '07

BUTTER SALT FREE PRINTS,GRANULATED SUGAR,LIGHT BROWN SUGAR,LIQUID EGGS,VANILLA EXTRACT,SOUR CREAM,ROYAL DUTCH COCOA,FLOUR SUNSHINE,BAKING SODA,SALT BULK 80 lb bag,CHOC DROPS WHITE 25 lb,BAKING PAN LINERS 16X24,PRUNE PUREE '07

Nutrition Facts	
Portion Size	~COOKIES
calories	93
fat (gm)	3.5
sat fat (gm)	2.1
chol (mg)	18.0
sodium (mg)	137.6
carbs (gm)	14.7
protein (gm)	1.2
calcium (gm)	18.73
iron (gm)	0.40

VERNEY WOOLEY DINING

9/29/09

LUNCH

EGG SALAD RECIPE

FRESH CELERY STALKS,SALT,GROUND WHITE PEPPER,FRESH EGGS HARD BOILED,MAYONNAISE

Nutrition Facts	
Portion Size	4 oz Portion
calories	154
fat (gm)	10.6
sat fat (gm)	2.8
chol (mg)	315.1
sodium (mg)	503.8
carbs (gm)	4.7
protein (gm)	9.6
calcium (gm)	53.75
iron (gm)	1.25

VERNEY WOOLEY DINING

9/29/09

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

9/29/09

LUNCH

Grilled Montreal Chicken

CHICKEN BREAST BNLSKL 4oz,OLIVE OIL,SPICE MONTREAL

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

9/29/09

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

9/29/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING

9/29/09

LUNCH

ROASTED EGGPLANT,TOMATO SANDWICH

BALSAMIC VINEGAR,OLIVE OIL,SALT,GROUND BLACK PEPPER,EGG PLANT 1/4" SLICES,FRENCH BREAD,SHREDDED MOZZARELLA CHESE,FRESH TOMATOES SLICED,ROMANO CHEESE GRATED,FRESH BASIL CHOPPED

Nutrition Facts	
Portion Size	~7.17 oz portions
calories	369
fat (gm)	12.9
sat fat (gm)	4.8
chol (mg)	18.7
sodium (mg)	731.3
carbs (gm)	47.2
protein (gm)	16.6
calcium (gm)	352.80
iron (gm)	3.35

VERNEY WOOLEY DINING

9/29/09

LUNCH

SAUTEED MUSHROOMS

Base Demi-Glace 35 lb,MUSHROOMS FRSH SL
TUBE,VEGETABLE SALAD OIL,WATER

Nutrition Facts

Portion Size	2 oz Portion
calories	21
fat (gm)	0.9
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	270.1
carbs (gm)	2.7
protein (gm)	1.3
calcium (gm)	3.64
iron (gm)	0.89

VERNEY WOOLEY DINING 9/29/09

LUNCH

SHAVED STEAK SANDWICH

SHAVED STEAK,ROLL TORPEDO SUPERIOR

Nutrition Facts

Portion Size	6 oz Portion
calories	284
fat (gm)	6.2
sat fat (gm)	3.2
chol (mg)	19.4
sodium (mg)	374.7
carbs (gm)	30.7
protein (gm)	24.8
calcium (gm)	60.94
iron (gm)	4.85

VERNEY WOOLEY DINING 9/29/09

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 9/29/09

LUNCH

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts

Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING

9/29/09

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

9/29/09

LUNCH

SUNNY SPROUTS

FRZ BRUSSEL SPROUTS,FRESH CARROTS
SLICED 1/8",CELERY SLICED
3/4",WATER,MARGARINE,SALT,GRANULATED
SUGAR,YELLOW MUSTARD,GROUND BLACK
PEPPER

Nutrition Facts

Portion Size	3 oz Portion
calories	38
fat (gm)	1.3
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	145.8
carbs (gm)	6.0
protein (gm)	2.1
calcium (gm)	19.12
iron (gm)	0.50

VERNEY WOOLEY DINING

9/29/09

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

9/29/09

LUNCH

VEGAN CORN & TOMATO SOUP VEGETARIAN

ONIONS WHITE DICED 1/4", CELERY DICED
1/4", GROUND CAYENNE PEPPER, GARLIC
CHOPPED/IN OIL, VEGETABLE SALAD OIL, FRZ
CORN WHOLE KERNEL, CRUSHED TOMATOES
CANNED, WATER, BASE MIREPOIX, SALT

Nutrition Facts	
Portion Size	6 OZ
calories	55
fat (gm)	2.2
sat fat (gm)	0.2
chol (mg)	0.2
sodium (mg)	427.3
carbs (gm)	8.3
protein (gm)	1.6
calcium (gm)	14.97
iron (gm)	0.29

VERNEY WOOLEY DINING

9/29/09

LUNCH

VEGAN LENTIL CHILI

WHOLE TOMATOES READY CUT, WATER
MEASURED, DRIED LENTILS SOAKED, ONIONS
WHITE DICED 1/4", PEPPERS GRN
DICED/1/4, SALT, GARLIC CHOPPED/IN OIL, CHILI
POWDER, GROUND PAPRIKA, GROUND
CUMIN, GROUND BLACK PEPPER, KIDNEY
BEANS & LIQUID

Nutrition Facts	
Portion Size	8 oz Portion
calories	184
fat (gm)	1.2
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	532.8
carbs (gm)	34.6
protein (gm)	12.0
calcium (gm)	78.72
iron (gm)	5.22

VERNEY WOOLEY DINING

9/29/09

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

9/29/09

LUNCH

BEAN AND BACON SOUP

BACON COOKED & CHOPPED,ONIONS WHITE
DICED 1/4",CARROTS DICED/1/4",CELERY
DICED 1/4",PARSLEY ROUGH CUT,BEEF
BASE,RAW POTATOES CHOPPED,KIDNEY
BEANS CHOP COARSE.,WATER TO MARK ON
KETTLE**Nutrition Facts**

Portion Size	6 oz Portion
calories	81
fat (gm)	3.9
sat fat (gm)	1.4
chol (mg)	6.4
sodium (mg)	544.0
carbs (gm)	7.4
protein (gm)	4.2
calcium (gm)	13.90
iron (gm)	0.59

VERNEY WOOLEY DINING

9/29/09

DINNER

BREAD CHEESE ZUDER '06

WATER,HOMOGENIZED MILK,GRANULATED
SUGAR,MOZZARELLA CHEESE;
SHREDDED,YEAST,BUTTER SALT FREE
PRINTS,FRESH EGGS,SALT,MUENSTER
CHEESE; SHREDDED,FLOUR UNBLEACHED
UNBR SPRING KING,PARCHMENT PAN LINER
16X24"**Nutrition Facts**

Portion Size	~LOAVES (10 ct)
calories	1777
fat (gm)	51.2
sat fat (gm)	28.1
chol (mg)	318.3
sodium (mg)	3354.9
carbs (gm)	263.9
protein (gm)	72.9
calcium (gm)	1160.71
iron (gm)	8.76

VERNEY WOOLEY DINING

9/29/09

DINNER

CAKE ROLL CHOCOLATE MARSHMALLOW

SUGAR,NULOMOLINE (INVERT SUGAR),HIGH RATIO SHORTENING,COCOA,BAKING POWDER X,BAKING SODA,CAKE FLOUR,MILK POWDER,SALT,COLD WATER,LIQUID EGGS,VANILLA,WATER,CONFECTIONARY SUGAR,HIGH RATIO SHORTENING,SALT,MILK POWDER,ICING BASE,ICED WATER,ICED WATER,VANILLA,LIQUID EGGS

Nutrition Facts	
Portion Size	1" slice
calories	343
fat (gm)	17.6
sat fat (gm)	5.0
chol (mg)	57.9
sodium (mg)	461.3
carbs (gm)	40.9
protein (gm)	5.5
calcium (gm)	77.90
iron (gm)	1.32

VERNEY WOOLEY DINING 9/29/09

DINNER

CHUNKY MARINARA SAUCE

OLIVE OIL,TOMATO PLUM DANIELE BRAND,KOSHER SALT,GROUND BLACK PEPPER,FRESH BASIL JULIENNE,ONIONS WHITE DICED 1/4",GARLIC PEELED CHOPPED

Nutrition Facts	
Portion Size	4 oz Portion
calories	107
fat (gm)	4.1
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	694.4
carbs (gm)	17.9
protein (gm)	3.1
calcium (gm)	66.45
iron (gm)	2.36

VERNEY WOOLEY DINING 9/29/09

DINNER

Curry Chicken Saute

PEPPERS GRN DICED/1/4,OIL SALAD 90/10 ARREZZIO,ONIONS WHITE DICED 1/4",GARLIC CHOPPED/IN OIL,FRESH GINGER ROOT, CHOPPED,DICED TOMATOES 1/4",CARROTS JULIENNED,OIL SALAD 90/10 ARREZZIO,YOGURT PLAIN NONFAT BULK, WARM,GROUND CURRY POWDER,SALT,JUICE LEMON REALEMON 1 GAL,Garam Masala Recipe,CHICKEN BREAST BNLSKL 4oz, SLICED THIN

Nutrition Facts	
Portion Size	6oz portion
calories	108
fat (gm)	1.8
sat fat (gm)	0.3
chol (mg)	25.4
sodium (mg)	207.9
carbs (gm)	12.9
protein (gm)	11.3
calcium (gm)	58.20
iron (gm)	1.20

VERNEY WOOLEY DINING 9/29/09

DINNER

Curry Tempeh Saute

OIL SALAD 90/10 ARREZZIO,ONIONS WHITE DICED 1/4",GARLIC CHOPPED/IN OIL,FRESH GINGER ROOT, CHOPPED,DICED TOMATOES 1/4",CARROTS JULIENNED,OIL SALAD 90/10 ARREZZIO,TEMPEH SOY RICE BULK, JULIENNED,YOGURT PLAIN NONFAT BULK, WARM,GROUND CURRY POWDER,SALT,JUICE LEMON REALEMON 1 GAL,Garam Masala Recipe,PEPPERS GRN DICED/1/4

Nutrition Facts

Portion Size	6oz portion
calories	115
fat (gm)	2.9
sat fat (gm)	0.4
chol (mg)	0.9
sodium (mg)	188.3
carbs (gm)	17.6
protein (gm)	7.6
calcium (gm)	79.49
iron (gm)	1.52

VERNEY WOOLEY DINING 9/29/09

DINNER

EGG SALAD RECIPE

FRESH CELERY STALKS,SALT,GROUND WHITE PEPPER,FRESH EGGS HARD BOILED,MAYONNAISE

Nutrition Facts

Portion Size	4 oz Portion
calories	154
fat (gm)	10.6
sat fat (gm)	2.8
chol (mg)	315.1
sodium (mg)	503.8
carbs (gm)	4.7
protein (gm)	9.6
calcium (gm)	53.75
iron (gm)	1.25

VERNEY WOOLEY DINING 9/29/09

DINNER

ELBOW MACARONI

ELBOW MACARONI,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 9/29/09

DINNER

ITALIAN GREEN BEANS

ITALIAN GREEN BEANS, FZ

Nutrition Facts	
Portion Size	3 oz Portion
calories	24
fat (gm)	0.1
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	11.8
carbs (gm)	5.6
protein (gm)	1.2
calcium (gm)	40.82
iron (gm)	0.74

VERNEY WOOLEY DINING 9/29/09

DINNER

Oregon Blend Vegetables

Veg Frz Imperial Oregon 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 9/29/09

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 9/29/09

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 9/29/09

DINNER

POT ROAST JARDINIERE

CARROTS DICED/1/4",ONIONS WHITE CUBED 3/4",CELERY DICED 1/4",PICKLING SPICES,STOCK AMT REQUIRED,TOMATO PUREE 1.06,SALT,BLACK PEPPER,WATER TO MARK ON KETTLE,WATER TO MARK ON KETTLE,(SKIM BF FAT)OR MARGARINE,FLOUR UNBLEACHED UNBR SPRING KING,SLICED FROZEN CARROTS,FROZEN GREEN PEAS,Base Demi-Glace 35 lb,BEEF BOTTOM FLATS

Nutrition Facts	
Portion Size	7 oz Portion
calories	210
fat (gm)	8.6
sat fat (gm)	2.8
chol (mg)	69.3
sodium (mg)	1468.2
carbs (gm)	4.4
protein (gm)	27.1
calcium (gm)	15.03
iron (gm)	3.12

VERNEY WOOLEY DINING 9/29/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 9/29/09

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 9/29/09

DINNER

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING 9/29/09

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 9/29/09

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

9/29/09

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

9/29/09

DINNER

VEGAN CORN & TOMATO SOUP VEGETARIAN

ONIONS WHITE DICED 1/4",CELERY DICED
1/4",GROUND CAYENNE PEPPER,GARLIC
CHOPPED/IN OIL,VEGETABLE SALAD OIL,FRZ
CORN WHOLE KERNEL,CRUSHED TOMATOES
CANNED,WATER,BASE MIREPOIX,SALT

Nutrition Facts	
Portion Size	6 OZ
calories	55
fat (gm)	2.2
sat fat (gm)	0.2
chol (mg)	0.2
sodium (mg)	427.3
carbs (gm)	8.3
protein (gm)	1.6
calcium (gm)	14.97
iron (gm)	0.29

VERNEY WOOLEY DINING

9/29/09

DINNER

VEGAN LENTIL CHILI

WHOLE TOMATOES READY CUT, WATER MEASURED, DRIED LENTILS SOAKED, ONIONS WHITE DICED 1/4", PEPPERS GRN DICED/1/4, SALT, GARLIC CHOPPED/IN OIL, CHILI POWDER, GROUND PAPRIKA, GROUND CUMIN, GROUND BLACK PEPPER, KIDNEY BEANS & LIQUID

Nutrition Facts

Portion Size	8 oz Portion
calories	184
fat (gm)	1.2
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	532.8
carbs (gm)	34.6
protein (gm)	12.0
calcium (gm)	78.72
iron (gm)	5.22

VERNEY WOOLEY DINING

9/29/09

DINNER

VEGAN RICE W/BEANS (ARROZ CON FR)

GARLIC CHOPPED/IN OIL, VEGETABLE OIL, WHOLE TOMATOES (UNDRAINED), CHOPPED GREEN CHILI, CHOPPED FRESH PARSLEY, CANNED PINTO BEANS, SAUCE WITH BEANS YIELD, WHITE RICE

Nutrition Facts

Portion Size	8 oz Portion
calories	224
fat (gm)	3.0
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	460.6
carbs (gm)	43.0
protein (gm)	6.3
calcium (gm)	78.38
iron (gm)	3.04

VERNEY WOOLEY DINING

9/29/09

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

9/30/09

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

9/30/09

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

9/30/09

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

9/30/09

BREAKFAST

KIELBASA

KIELBASA

Nutrition Facts

Portion Size	2 oz Portion
calories	165
fat (gm)	14.5
sat fat (gm)	5.3
chol (mg)	35.7
sodium (mg)	573.5
carbs (gm)	1.1
protein (gm)	7.1
calcium (gm)	23.45
iron (gm)	0.77

VERNEY WOOLEY DINING

9/30/09

BREAKFAST

MUFFINS OATMEAL RAISIN FROM MIX

OATMEAL,WATER,MOLASSES,RAISINS,MUFFIN
MIX DELUXE**Nutrition Facts**

Portion Size	3 oz Portion
calories	220
fat (gm)	5.6
sat fat (gm)	1.4
chol (mg)	0.0
sodium (mg)	320.2
carbs (gm)	43.2
protein (gm)	3.7
calcium (gm)	30.32
iron (gm)	2.07

VERNEY WOOLEY DINING

9/30/09

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

9/30/09

BREAKFAST

PANCAKES-CHOC CHIP

WATER,EGG PANCAKE MIX,CHOCOLATE
CHIPS X

Nutrition Facts

Portion Size	4 oz Portion
calories	129
fat (gm)	0.7
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	520.0
carbs (gm)	27.5
protein (gm)	3.1
calcium (gm)	163.29
iron (gm)	1.12

VERNEY WOOLEY DINING 9/30/09

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 9/30/09

BREAKFAST

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 9/30/09

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

9/30/09

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

9/30/09

LUNCH

COOKIES SUGAR '06

GRANULATED SUGAR,BUTTER BLEND ZERO
TRANS bkshp - jar,CAKE FLOUR,BAKING
POWDER X,LIQUID EGGS,WATER,DRY
MILK POWDER

Nutrition Facts

Portion Size	~1.25 OZ. COOK
calories	91
fat (gm)	0.4
sat fat (gm)	0.1
chol (mg)	10.3
sodium (mg)	71.2
carbs (gm)	20.3
protein (gm)	1.6
calcium (gm)	13.89
iron (gm)	1.01

VERNEY WOOLEY DINING

9/30/09

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 9/30/09

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 9/30/09

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 9/30/09

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 9/30/09

LUNCH

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 9/30/09

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 9/30/09

LUNCH

PASTA SALAD GREEK

JUICE LEMON REALEMON 48 oz,MEDIUM SHELLS,FRESH TOMATOES LG CUBED,CUCUMBER QTR SLICE UNPEEL,RIPE OLIVES PITTED,FETA CHEESE CRUMBLD,FRESH RARERIPES SLICED,FRESH PARSLEY CHOPPED,SALT,GROUND BLACK PEPPER,GRANULATED SUGAR,MINT LEAVES,OREGANO LEAF,ROSEMARY WHOLE,OLIVE OIL

Nutrition Facts

Portion Size	4 oz Portion
calories	186
fat (gm)	9.5
sat fat (gm)	2.7
chol (mg)	10.1
sodium (mg)	460.4
carbs (gm)	20.8
protein (gm)	5.0
calcium (gm)	77.83
iron (gm)	1.61

VERNEY WOOLEY DINING 9/30/09

LUNCH

PULLED PORK SANDWICH

BBQ SAUCE RIVERVIEW PIT,ROLLS BULKIE CORNML CAL

Nutrition Facts

Portion Size	sandwich
calories	187
fat (gm)	2.7
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	347.0
carbs (gm)	33.6
protein (gm)	6.3
calcium (gm)	60.60
iron (gm)	2.09

VERNEY WOOLEY DINING 9/30/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts

Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 9/30/09

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

9/30/09

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

9/30/09

LUNCH

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING

9/30/09

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 9/30/09

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 9/30/09

LUNCH

SQUASH BISQUE - cat menu 08

WATER,BASE MIREPOIX,BUTTERNUT SQUASH
CUBE 3/4,SLICED FRESH APPLES,ONIONS
WHITE DICED 1/4",ROSEMARY WHOLE,HEAVY
CREAM,SALT,GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6 oz Portion
calories	103
fat (gm)	5.9
sat fat (gm)	3.5
chol (mg)	20.6
sodium (mg)	362.3
carbs (gm)	12.8
protein (gm)	1.5
calcium (gm)	52.32
iron (gm)	0.61

VERNEY WOOLEY DINING 9/30/09

LUNCH

TURKEY WILD RICE SOUP

WATER,CHICKEN BASE,WILD RICE,FRESH RARERIPES CHOPPED,MARGARINE,FLOUR SUNSHINE,POULTRY SEASONING VEGAN,GROUND BLACK PEPPER,HALF AND HALF CREAM,CKD TURKEY BREAST CUBED,COOKING SHERRY,FRESH RARERIPES (GARNISH)

Nutrition Facts

Portion Size	6 oz Portion
calories	123
fat (gm)	6.3
sat fat (gm)	2.1
chol (mg)	11.3
sodium (mg)	624.4
carbs (gm)	11.9
protein (gm)	4.8
calcium (gm)	31.40
iron (gm)	0.49

VERNEY WOOLEY DINING

9/30/09

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

9/30/09

LUNCH

VEGAN GUMBO CASSEROLE

ONIONS WHITE DICED 1/4",CUT OKRA CANNED, DRAINED,RED CRUSHED PEPPER,SALT,BEAN BLACKEYED CANNED, DRAINED,OIL OLIVE,PEPPERS GRN DICED/1/4,WHOLE TOMATOES READY CUT

Nutrition Facts

Portion Size	8 oz Portion
calories	118
fat (gm)	1.6
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	702.5
carbs (gm)	23.5
protein (gm)	5.2
calcium (gm)	78.74
iron (gm)	1.92

VERNEY WOOLEY DINING

9/30/09

LUNCH

VEGETARIAN GRECIAN ZUCCHINI BAKE

CREAM SAUCE AMT.
REQUIRED,MARGARINE,FLOUR UNBLEACHED
UNBR SPRING KING,HOMOGENIZED
MILK,WORCESTERSHIRE SAUCE 5
OZ,SALT,GROUND WHITE PEPPER,ZUCCHINI
SLICE # 2 STRTAT,VEGETABLE SALAD
OIL,SHREDDED CHEDDAR CHEESE,FETTA
CHEESE CRUMBLD

Nutrition Facts	
Portion Size	4 oz Portion
calories	95
fat (gm)	6.4
sat fat (gm)	2.8
chol (mg)	13.8
sodium (mg)	273.4
carbs (gm)	6.3
protein (gm)	3.6
calcium (gm)	108.52
iron (gm)	0.37

VERNEY WOOLEY DINING 9/30/09

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 9/30/09

LUNCH

BREAD AFRICAN HONEY

WATER,YEAST,LIQUID EGGS,HONEY,BUTTER
SOLIDS,FLOUR SUNSHINE,DRY MILK
POWDER,GROUND CORIANDER,GROUND
CINNAMON,GROUND CLOVES,SALT

Nutrition Facts	
Portion Size	LOAF
calories	2018
fat (gm)	55.1
sat fat (gm)	30.1
chol (mg)	223.2
sodium (mg)	2434.8
carbs (gm)	350.8
protein (gm)	46.0
calcium (gm)	383.38
iron (gm)	10.98

VERNEY WOOLEY DINING 9/30/09

DINNER

CAKE DECORATED 10" ROUND

CONFECTIONARY SUGAR,HIGH RATIO
SHORTENING,S&M-131,SALT,VANILLA,COLD
WATER,FUDGE BASE MELTED,COFFEE
FLAVOR,CAKE FLOUR,HIGH RATIO
SHORTENING,SUGAR,CAKE FLOUR,FLOUR
UNBLEACHED UNBR SPRING
KING,SALT,BAKING POWDER X,MILK
POWDER,WATER,FROZEN EGG
WHITES,WATER

Nutrition Facts	
Portion Size	CAKE
calories	4652
fat (gm)	218.4
sat fat (gm)	58.7
chol (mg)	7.0
sodium (mg)	3756.0
carbs (gm)	642.0
protein (gm)	44.2
calcium (gm)	320.53
iron (gm)	15.62

VERNEY WOOLEY DINING 9/30/09

DINNER

CAKE DECORATED FULL SHEET

CONFECTIONARY SUGAR,HIGH RATIO
SHORTENING,S&M-131,SALT,VANILLA,COLD
WATER,FUDGE BASE MELTED,COFFEE
FLAVOR,CAKE FLOUR,HIGH RATIO
SHORTENING,SUGAR,CAKE FLOUR,FLOUR
UNBLEACHED UNBR SPRING
KING,SALT,BAKING POWDER X,MILK
POWDER,WATER,FROZEN EGG
WHITES,WATER,VANILLA EXTRACT

Nutrition Facts	
Portion Size	155.520 oz Portic
calories	16369
fat (gm)	764.2
sat fat (gm)	205.3
chol (mg)	24.6
sodium (mg)	13145.8
carbs (gm)	2246.7
protein (gm)	154.8
calcium (gm)	1121.80
iron (gm)	54.70

VERNEY WOOLEY DINING 9/30/09

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 9/30/09

DINNER

CHUNKY MARINARA SAUCE

OLIVE OIL,TOMATO PLUM DANIELE
BRAND,KOSHER SALT,GROUND BLACK
PEPPER,FRESH BASIL JULIENNE,ONIONS
WHITE DICED 1/4",GARLIC PEELED CHOPPED

Nutrition Facts

Portion Size	4 oz Portion
calories	107
fat (gm)	4.1
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	694.4
carbs (gm)	17.9
protein (gm)	3.1
calcium (gm)	66.45
iron (gm)	2.36

VERNEY WOOLEY DINING 9/30/09

DINNER

EGG FOO YOUNG

LIQUID EGGS,FLOUR UNBLEACHED UNBR
SPRING KING,BEAN SPROUTS
DRAINED,MUSHROOMS FRSH SL
TUBE,RARERIPES,WHITE
PEPPER,GRANULATED GARLIC,SALT

Nutrition Facts

Portion Size	5 oz Portion
calories	110
fat (gm)	6.1
sat fat (gm)	1.8
chol (mg)	247.9
sodium (mg)	389.1
carbs (gm)	5.5
protein (gm)	8.9
calcium (gm)	42.56
iron (gm)	1.78

VERNEY WOOLEY DINING 9/30/09

DINNER

GREEN PEAS, FROZEN

GREEN PEAS, FROZEN

Nutrition Facts

Portion Size	3 oz Portion
calories	71
fat (gm)	0.2
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	78.9
carbs (gm)	12.9
protein (gm)	4.7
calcium (gm)	21.77
iron (gm)	1.42

VERNEY WOOLEY DINING 9/30/09

DINNER

Jamaican Pork and Apricot Stir Fry

OIL SALAD 90/10 ARREZZIO,PORK JULIENNE BUTCHER SHOP,SPICE CARIBBEAN JERK,OIL SALAD 90/10 ARREZZIO,Onions Red 1/2" diced,RED PEPPERS, 1/2" DICED,ORANGE JUICE,APRICOT HALVES,GROUND CAYENNE PEPPER,CORN STARCH,FRESH RARERIPES, SLICED,RICE BASMATI BULK,WATER,SALT,GROUND BLACK PEPPER

Nutrition Facts

Portion Size	6oz portion
calories	400
fat (gm)	7.5
sat fat (gm)	2.6
chol (mg)	34.0
sodium (mg)	807.7
carbs (gm)	63.4
protein (gm)	17.1
calcium (gm)	55.94
iron (gm)	1.88

VERNEY WOOLEY DINING**9/30/09****DINNER**

Jamaican Tofu and Apricot Stir Fry

OIL SALAD 90/10 ARREZZIO,SPICE CARIBBEAN JERK,OIL SALAD 90/10 ARREZZIO,Onions Red 1/2" diced,RED PEPPERS, 1/2" DICED,ORANGE JUICE,APRICOT HALVES,GROUND CAYENNE PEPPER,CORN STARCH,FRESH RARERIPES, SLICED,RICE BASMATI BULK,WATER,SALT,GROUND BLACK PEPPER,TOFU EXTRA FIRM NASOYA, CUBED,edamame beans

Nutrition Facts

Portion Size	6oz portion
calories	414
fat (gm)	5.3
sat fat (gm)	0.7
chol (mg)	0.0
sodium (mg)	234.5
carbs (gm)	76.8
protein (gm)	14.6
calcium (gm)	161.58
iron (gm)	4.79

VERNEY WOOLEY DINING**9/30/09****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**9/30/09****DINNER**

PASTA SALAD GREEK

JUICE LEMON REALEMON 48 oz,MEDIUM SHELLS,FRESH TOMATOES LG CUBED,CUCUMBER QTR SLICE UNPEEL,RIPE OLIVES PITTED,FETA CHEESE CRUMBLED,FRESH RARERIPES SLICED,FRESH PARSLEY CHOPPED,SALT,GROUND BLACK PEPPER,GRANULATED SUGAR,MINT LEAVES,OREGANO LEAF,ROSEMARY WHOLE,OLIVE OIL

Nutrition Facts

Portion Size	4 oz Portion
calories	186
fat (gm)	9.5
sat fat (gm)	2.7
chol (mg)	10.1
sodium (mg)	460.4
carbs (gm)	20.8
protein (gm)	5.0
calcium (gm)	77.83
iron (gm)	1.61

VERNEY WOOLEY DINING 9/30/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts

Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 9/30/09

DINNER

SESAME CHICKEN STRIPS W/ MUSTARD

JUICE LEMON REALEMON 48 oz,RAW CHICKEN TENDERS,SOUR CREAM,CELERY SALT,GROUND BLACK PEPPER,GARLIC CHOPPED/IN OIL,GROUND MUSTARD,GRANULATED SUGAR,SALT,CIDER VINEGAR,LIQUID EGGS,MAYONNAISE,SAUCE YIELD,BREAD CRUMBS,SESAME SEEDS,MARGARINE MELTED

Nutrition Facts

Portion Size	6 oz Portion
calories	335
fat (gm)	18.9
sat fat (gm)	5.9
chol (mg)	92.2
sodium (mg)	739.9
carbs (gm)	12.1
protein (gm)	28.4
calcium (gm)	75.41
iron (gm)	1.94

VERNEY WOOLEY DINING 9/30/09

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 9/30/09

DINNER

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING 9/30/09

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 9/30/09

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 9/30/09

DINNER

SQUASH BISQUE - cat menu 08

WATER,BASE MIREPOIX,BUTTERNUT SQUASH
CUBE 3/4,SLICED FRESH APPLES,ONIONS
WHITE DICED 1/4",ROSEMARY WHOLE,HEAVY
CREAM,SALT,GROUND BLACK PEPPER

Nutrition Facts	
Portion Size	6 oz Portion
calories	103
fat (gm)	5.9
sat fat (gm)	3.5
chol (mg)	20.6
sodium (mg)	362.3
carbs (gm)	12.8
protein (gm)	1.5
calcium (gm)	52.32
iron (gm)	0.61

VERNEY WOOLEY DINING 9/30/09

DINNER

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 9/30/09

DINNER

TURKEY WILD RICE SOUP

WATER,CHICKEN BASE,WILD RICE,FRESH RARERIPES CHOPPED,MARGARINE,FLOUR SUNSHINE,POULTRY SEASONING VEGAN,GROUND BLACK PEPPER,HALF AND HALF CREAM,CKD TURKEY BREAST CUBED,COOKING SHERRY,FRESH RARERIPES (GARNISH)

Nutrition Facts	
Portion Size	6 oz Portion
calories	123
fat (gm)	6.3
sat fat (gm)	2.1
chol (mg)	11.3
sodium (mg)	624.4
carbs (gm)	11.9
protein (gm)	4.8
calcium (gm)	31.40
iron (gm)	0.49

VERNEY WOOLEY DINING 9/30/09

DINNER

VEGAN GUMBO CASSEROLE

ONIONS WHITE DICED 1/4",CUT OKRA CANNED, DRAINED,RED CRUSHED PEPPER,SALT,BEAN BLACKEYED CANNED, DRAINED,OIL OLIVE,PEPPERS GRN DICED/1/4,WHOLE TOMATOES READY CUT

Nutrition Facts	
Portion Size	8 oz Portion
calories	118
fat (gm)	1.6
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	702.5
carbs (gm)	23.5
protein (gm)	5.2
calcium (gm)	78.74
iron (gm)	1.92

VERNEY WOOLEY DINING 9/30/09

DINNER

VEGETABLES IN HONEY GINGER SAUCE

ONIONS WHITE DICED 1/4",GARLIC CHOPPED/IN OIL,FRESH GINGER ROOT,VEGETABLE SALAD OIL,HONEY,TAMARI SAUCE 3 LITER,WHITE WINE (NOT CHABLIS),GROUND MUSTARD,WATER,RED PEPPERS LG JULIENNE,CARROT STICKS BLANCHED,ZUCCHINI SQ LG JULIENNE,BROCCOLI FLORETTE BLANCH

Nutrition Facts	
Portion Size	3 oz Portion
calories	33
fat (gm)	1.1
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	6.0
carbs (gm)	5.3
protein (gm)	0.9
calcium (gm)	12.99
iron (gm)	0.32

VERNEY WOOLEY DINING 9/30/09

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 10/1/09

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 10/1/09

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 10/1/09

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 10/1/09

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 10/1/09

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 10/1/09

BREAKFAST

ROLLS SWEET DOUGH

WATER, YEAST, LIQUID EGGS, GRANULATED SUGAR, MARGARINE, NULOMOLINE (INVERT SUGAR), SALT, MILK POWDER, FLOUR UNBLEACHED UNBR SPRING KING, LEMON EXTRACT, GROUND CINNAMON, VEGETABLE SALAD OIL, CONFECTIONARY SUGAR, WATER

Nutrition Facts

Portion Size	~SWEET DOUGH
calories	352
fat (gm)	10.4
sat fat (gm)	2.0
chol (mg)	35.6
sodium (mg)	262.6
carbs (gm)	59.8
protein (gm)	7.5
calcium (gm)	96.55
iron (gm)	3.06

VERNEY WOOLEY DINING 10/1/09

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 10/1/09

BREAKFAST

Baked Potato Parstock VW

BAKING POTATOES, SOUR CREAM, FREEZE DRIED CHIVES, IMITATION BACON BITS, CHEDDAR CHEESE SAUCE, BROCCOLI CUTS, CHILI CON CARNE, CHILI VEGETARIAN SNACK BARS, SHREDDED CHEDDAR CHEESE

Nutrition Facts

Portion Size	potato
calories	154
fat (gm)	7.3
sat fat (gm)	4.3
chol (mg)	21.9
sodium (mg)	354.0
carbs (gm)	15.2
protein (gm)	7.5
calcium (gm)	145.73
iron (gm)	1.15

VERNEY WOOLEY DINING 10/1/09

LUNCH

BARS S'MORES '06

VEG SHORTENING ALL PRPOSE,GRANULATED SUGAR,CHOC DROPS MILK 1000 ct,MARSHMALLOWS 20 LB,GRAHAM CRACKER CRUMBS,BUTTER BLEND ZERO TRANS bkshp - jar

Nutrition Facts	
Portion Size	~PORTIONS
calories	138
fat (gm)	2.8
sat fat (gm)	0.8
chol (mg)	0.7
sodium (mg)	111.6
carbs (gm)	28.3
protein (gm)	1.5
calcium (gm)	6.74
iron (gm)	0.58

VERNEY WOOLEY DINING 10/1/09

LUNCH

CAULIFLOWER, FROZEN

CAULIFLOWER FZ

Nutrition Facts	
Portion Size	3 oz Portion
calories	19
fat (gm)	0.4
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	12.7
carbs (gm)	3.5
protein (gm)	1.6
calcium (gm)	13.50
iron (gm)	0.28

VERNEY WOOLEY DINING 10/1/09

LUNCH

CHICKEN POT PIE

TOTAL YIELD,SAUCE AMT REQ,MARGARINE,FLOUR UNBLEACHED UNBR SPRING KING,CHICKEN STOCK REQ C BELOW,CHICKEN BASE,WATER TO MARK ON KETTLE.,WORCESTERSHIRE,DICED POTATO,CARROTS CUBED 3/4",CELERY CUBES 3/4",ONIONS WHITE CUBED 3/4",CKD CHICKEN MEAT 3/4 DICE,PIE SHL 2"SS HOTL TOP RAW,FRESH EGGS,HALF & HALF,SALT

Nutrition Facts	
Portion Size	8.500 oz Portion
calories	454
fat (gm)	26.8
sat fat (gm)	7.6
chol (mg)	63.4
sodium (mg)	820.3
carbs (gm)	28.7
protein (gm)	23.5
calcium (gm)	37.48
iron (gm)	2.81

VERNEY WOOLEY DINING 10/1/09

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 10/1/09

LUNCH

Grilled Rotisserie Chicken

CHICKEN BREAST BNLSKL 4oz, OLIVE OIL, SPICE ROTISSERIE

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 10/1/09

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 10/1/09

LUNCH

ORIENTAL TURKEY SALAD, NO NUTS

CKD TURKEY BRST 1/2" DICE,PINEAPPLE
CHUNKS,SLICED WATER CHESTNUTS,FRESH
RARERIPES SLICED,MAYONNAISE,SOUR
CREAM,SALT,POULTRY SEASONING
VEGAN,GROUND GINGER

Nutrition Facts	
Portion Size	4oz portion
calories	134
fat (gm)	5.8
sat fat (gm)	1.8
chol (mg)	24.4
sodium (mg)	356.2
carbs (gm)	9.5
protein (gm)	10.9
calcium (gm)	21.77
iron (gm)	0.58

VERNEY WOOLEY DINING 10/1/09

LUNCH

QUICHE BROCCOLI

ONIONS WHITE DICED 1/4",LIQUID
EGGS,SHREDDED CHEDDAR CHEESE,FROZEN
CHOPPED BROCCOLI,FRESH MILK,HALF &
HALF CREAM,SALT,WHITE PEPPER,PIE SHELL
2" S/S HOTEL UN

Nutrition Facts	
Portion Size	~8 oz Portion
calories	407
fat (gm)	28.4
sat fat (gm)	12.5
chol (mg)	322.1
sodium (mg)	768.3
carbs (gm)	19.4
protein (gm)	17.8
calcium (gm)	263.79
iron (gm)	2.67

VERNEY WOOLEY DINING 10/1/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 10/1/09

LUNCH

SEAFOOD GUMBO**V**

MARGARINE STEP 1,FLOUR UNBLEACHED
UNBR SPRING KING,CRUSHED TOMATOS
STEP 2,FZ CLAM JUICE BOIL/STRAIN,WATER
TO MARK ON KETTLE,ONIONS WHITE DICED
1/4",BAY LEAF USE SACHET BAG,GARLIC
CHOPPED/IN OIL,SHRIMP IQF 100/200 CNT,CUT
OKRA CANNED,SALT,BLACK PEPPER,WHITE
RICE,WATER TO MARK ON KETTLE

Nutrition Facts

Portion Size	6 oz Portion
calories	75
fat (gm)	2.6
sat fat (gm)	0.5
chol (mg)	22.4
sodium (mg)	369.7
carbs (gm)	9.3
protein (gm)	4.0
calcium (gm)	29.54
iron (gm)	0.85

VERNEY WOOLEY DINING

10/1/09

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

10/1/09

LUNCH

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts

Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING

10/1/09

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

10/1/09

LUNCH

VEGAN BEAN VEGETABLE CASSEROLE

DRIED WHITE NAVY PEA BEAN, ONIONS WHITE DICED 1/4", CELERY DICED 1/4", PEPPERS GRN DICED 1/4", VEGETABLE SALAD OIL, RESERVED LIQUID, GRANULATED SUGAR, BASIL LEAVES, OREGANO LEAF, GARLIC POWDER, GROUND BLACK PEPPER, WHOLE TOMATOES READY CUT

Nutrition Facts

Portion Size	8oz portion
calories	177
fat (gm)	2.1
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	270.1
carbs (gm)	32.6
protein (gm)	9.1
calcium (gm)	109.38
iron (gm)	3.15

VERNEY WOOLEY DINING

10/1/09

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

10/1/09

LUNCH

VEGAN MEXICAN BEAN SOUP

ONIONS WHITE DICED 1/4",CELERY DICED 1/4",PEPPERS GRN DICED 1/4,BASE MIREPOIX,DRY PINTO BEANS SOAKED,WHOLE TOMATOES READY CUT,TOMATO PASTE USDA GRD FCY,TABASCO SAUCE,WATER TO MARK ON KETTLE,FRZ CORN WHOLE KERNEL,WATER TO MARK ON KETTLE

Nutrition Facts

Portion Size	6 oz Portion
calories	87
fat (gm)	0.9
sat fat (gm)	0.2
chol (mg)	0.5
sodium (mg)	817.4
carbs (gm)	16.9
protein (gm)	4.5
calcium (gm)	36.30
iron (gm)	1.51

VERNEY WOOLEY DINING 10/1/09

LUNCH

VEGETABLE RICE SALAD

WHITE RICE,RED PEPPERS(JULIENNE),PEPPERS GRN DICED 1/4,FRESH TOMATOES(SM. DICED),GARBANZO BEANS,FZ GREEN PEAS,SLICED OLIVES RIPE,RED WINE VINEGAR,OLIVE OIL,SALT,BLACK PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	141
fat (gm)	6.4
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	90.7
carbs (gm)	18.7
protein (gm)	2.7
calcium (gm)	19.56
iron (gm)	1.12

VERNEY WOOLEY DINING 10/1/09

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 10/1/09

LUNCH

ASPARAGUS W/TRI COLORED PEPPERS - cat 08

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

Nutrition Facts	
Portion Size	3 oz Portion
calories	53
fat (gm)	3.3
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	64.4
carbs (gm)	5.3
protein (gm)	1.7
calcium (gm)	15.37
iron (gm)	0.65

VERNEY WOOLEY DINING 10/1/09 DINNER

BREAD ANADAMA -CT 10

GRANULATED SUGAR, MOLASSES, Corn Meal
Yellow 50 lb, VEGETABLE SALAD
OIL, SALT, WATER, YEAST, FLOUR UNBLEACHED
UNBR SPRING KING

Nutrition Facts	
Portion Size	1.900 oz Portion
calories	122
fat (gm)	2.7
sat fat (gm)	0.2
chol (mg)	0.0
sodium (mg)	92.5
carbs (gm)	22.6
protein (gm)	2.4
calcium (gm)	12.12
iron (gm)	0.75

VERNEY WOOLEY DINING 10/1/09 DINNER

CAKE CHERRY KUCHEN CT-40

GRANULATED SUGAR, HIGH RATIO
SHORTENING, SALT, CAKE FLOUR, BAKING
POWDER X, MILK
POWDER, WATER, VANILLA EXTRACT, BUTTER
FLAVOR, LIQUID EGGS, COLD WATER, CHERRY
FILLING

Nutrition Facts	
Portion Size	3.648 oz Portion
calories	216
fat (gm)	6.4
sat fat (gm)	1.7
chol (mg)	39.6
sodium (mg)	264.9
carbs (gm)	37.9
protein (gm)	2.8
calcium (gm)	31.93
iron (gm)	1.18

VERNEY WOOLEY DINING 10/1/09 DINNER

CHOPPED SIRLOIN W/MUSHROOM SAUCE

CHOPPED SIRLOIN BUTCHER S,MUSHROOM SAUCE REQUIRED,WATER MEASURED,SSB BEEF BASE,MUSHROOMS FRSH SL TUBE,FLOUR UNBLEACHED UNBR SPRING KING,WATER MEASURED,Base Demi-Glace 35 lb

Nutrition Facts

Portion Size	7.330 oz Portion
calories	335
fat (gm)	17.4
sat fat (gm)	6.8
chol (mg)	123.3
sodium (mg)	2475.8
carbs (gm)	4.4
protein (gm)	38.1
calcium (gm)	33.66
iron (gm)	4.77

VERNEY WOOLEY DINING 10/1/09

DINNER

CHUNKY MARINARA SAUCE

OLIVE OIL,TOMATO PLUM DANIELE BRAND,KOSHER SALT,GROUND BLACK PEPPER,FRESH BASIL JULIENNE,ONIONS WHITE DICED 1/4",GARLIC PEELED CHOPPED

Nutrition Facts

Portion Size	4 oz Portion
calories	107
fat (gm)	4.1
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	694.4
carbs (gm)	17.9
protein (gm)	3.1
calcium (gm)	66.45
iron (gm)	2.36

VERNEY WOOLEY DINING 10/1/09

DINNER

Curried Shrimp with Coconut Ginger Rice

OIL SALAD 90/10 ARREZZIO,GARLIC CHOPPED/IN OIL,OIL SALAD 90/10 ARREZZIO,RED PEPPERS, 1/2" DICED,PINEAPPLE CHUNKS, DRAINED,edamame beans,LIGHT BROWN SUGAR,SOY SAUCE GALS,GROUND CURRY POWDER,CRUSHED RED PEPPER,COCONUT SWEET FLAKE 25#,FRESH RARERIPES, THIN SLICED,CILANTRO FRESH, CHOPPED,Coconut Ginger Rice,SHRIMP P&E 50/60 CT

Nutrition Facts

Portion Size	8.78oz portion
calories	227
fat (gm)	5.7
sat fat (gm)	2.9
chol (mg)	0.0
sodium (mg)	223.7
carbs (gm)	38.6
protein (gm)	7.3
calcium (gm)	84.76
iron (gm)	2.51

VERNEY WOOLEY DINING 10/1/09

DINNER

Curried Tofu with Coconut Ginger Rice

OIL SALAD 90/10 ARREZZIO,GARLIC
CHOPPED/IN OIL,OIL SALAD 90/10
ARREZZIO,RED PEPPERS, 1/2"
DICED,PINEAPPLE CHUNKS,
DRAINED,edamame beans,LIGHT BROWN
SUGAR,SOY SAUCE GALS,GROUND CURRY
POWDER,CRUSHED RED PEPPER,COCONUT
SWEET FLAKE 25#,FRESH RARERIPES,
SLICED THIN,CILANTRO FRESH,
CHOPPED,Coconut Ginger Rice,TOFU EXTRA
FIRM NASOYA, CUBED

Nutrition Facts	
Portion Size	8.78oz portion
calories	281
fat (gm)	9.1
sat fat (gm)	3.4
chol (mg)	0.0
sodium (mg)	228.6
carbs (gm)	39.9
protein (gm)	13.0
calcium (gm)	159.43
iron (gm)	6.32

VERNEY WOOLEY DINING 10/1/09

DINNER

MASHED POTATOES

FV POTATOES WHOLE PEELED,SALT,WHITE
PEPPER,MARGARINE MELTED,MILK (HOT)

Nutrition Facts	
Portion Size	4 oz Portion
calories	122
fat (gm)	3.5
sat fat (gm)	1.0
chol (mg)	2.7
sodium (mg)	304.8
carbs (gm)	21.0
protein (gm)	2.4
calcium (gm)	33.28
iron (gm)	0.33

VERNEY WOOLEY DINING 10/1/09

DINNER

ORIENTAL TURKEY SALAD, NO NUTS

CKD TURKEY BRST 1/2" DICE,PINEAPPLE
CHUNKS,SLICED WATER CHESTNUTS,FRESH
RARERIPES SLICED,MAYONNAISE,SOUR
CREAM,SALT,POULTRY SEASONING
VEGAN,GROUND GINGER

Nutrition Facts	
Portion Size	4oz portion
calories	134
fat (gm)	5.8
sat fat (gm)	1.8
chol (mg)	24.4
sodium (mg)	356.2
carbs (gm)	9.5
protein (gm)	10.9
calcium (gm)	21.77
iron (gm)	0.58

VERNEY WOOLEY DINING 10/1/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 10/1/09

DINNER

SEAFOOD GUMBO

V

MARGARINE STEP 1,FLOUR UNBLEACHED
UNBR SPRING KING,CRUSHED TOMATOS
STEP 2,FZ CLAM JUICE BOIL/STRAIN,WATER
TO MARK ON KETTLE,ONIONS WHITE DICED
1/4",BAY LEAF USE SACHET BAG,GARLIC
CHOPPED/IN OIL,SHRIMP IQF 100/200 CNT,CUT
OKRA CANNED,SALT,BLACK PEPPER,WHITE
RICE,WATER TO MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	75
fat (gm)	2.6
sat fat (gm)	0.5
chol (mg)	22.4
sodium (mg)	369.7
carbs (gm)	9.3
protein (gm)	4.0
calcium (gm)	29.54
iron (gm)	0.85

VERNEY WOOLEY DINING 10/1/09

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 10/1/09

DINNER

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts

Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING

10/1/09

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

10/1/09

DINNER

SPAGHETTI

SPAGHETTI,OLIVE OIL

Nutrition Facts

Portion Size	8 oz Portion
calories	312
fat (gm)	3.2
sat fat (gm)	0.4
chol (mg)	0.0
sodium (mg)	2.1
carbs (gm)	59.6
protein (gm)	10.0
calcium (gm)	14.71
iron (gm)	2.95

VERNEY WOOLEY DINING

10/1/09

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 10/1/09

DINNER

VEGAN BEAN VEGETABLE CASSEROLE

DRIED WHITE NAVY PEA BEAN,ONIONS WHITE
DICED 1/4",CELERY DICED 1/4",PEPPERS GRN
DICED 1/4,VEGETABLE SALAD OIL,RESERVED
LIQUID,GRANULATED SUGAR,BASIL
LEAVES,OREGANO LEAF,GARLIC
POWDER,GROUND BLACK PEPPER,WHOLE
TOMATOES READY CUT

Nutrition Facts	
Portion Size	8oz portion
calories	177
fat (gm)	2.1
sat fat (gm)	0.3
chol (mg)	0.0
sodium (mg)	270.1
carbs (gm)	32.6
protein (gm)	9.1
calcium (gm)	109.38
iron (gm)	3.15

VERNEY WOOLEY DINING 10/1/09

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 10/1/09

DINNER

VEGAN MEXICAN BEAN SOUP

ONIONS WHITE DICED 1/4", CELERY DICED 1/4", PEPPERS GRN DICED 1/4, BASE MIREPOIX, DRY PINTO BEANS SOAKED, WHOLE TOMATOES READY CUT, TOMATO PASTE USDA GRD FCY, TABASCO SAUCE, WATER TO MARK ON KETTLE, FRZ CORN WHOLE KERNEL, WATER TO MARK ON KETTLE

Nutrition Facts

Portion Size	6 oz Portion
calories	87
fat (gm)	0.9
sat fat (gm)	0.2
chol (mg)	0.5
sodium (mg)	817.4
carbs (gm)	16.9
protein (gm)	4.5
calcium (gm)	36.30
iron (gm)	1.51

VERNEY WOOLEY DINING 10/1/09

DINNER

VEGAN ROASTED VEGGIE STEW

BUTTERNUT SQUASH CUBE 3/4, FRESH GREEN BEANS, FRESH PLUM TOMATOES, RADISHES TRIMMED AND HALV, RED PEPPERS CUBED LARGE, RED ONIONS CUT IN EIGHTHS, ZUCCHINI SLICED 5/8", OLIVE OIL, SALT, GROUND BLACK PEPPER, THYME LEAF

Nutrition Facts

Portion Size	6 oz Portion
calories	121
fat (gm)	7.4
sat fat (gm)	1.0
chol (mg)	0.0
sodium (mg)	468.2
carbs (gm)	14.2
protein (gm)	2.1
calcium (gm)	60.33
iron (gm)	1.92

VERNEY WOOLEY DINING 10/1/09

DINNER

VEGETABLE RICE SALAD

WHITE RICE, RED PEPPERS (JULIENNE), PEPPERS GRN DICED 1/4, FRESH TOMATOES (SM. DICED), GARBANZO BEANS, FZ GREEN PEAS, SLICED OLIVES RIPE, RED WINE VINEGAR, OLIVE OIL, SALT, BLACK PEPPER

Nutrition Facts

Portion Size	4 oz Portion
calories	141
fat (gm)	6.4
sat fat (gm)	0.9
chol (mg)	0.0
sodium (mg)	90.7
carbs (gm)	18.7
protein (gm)	2.7
calcium (gm)	19.56
iron (gm)	1.12

VERNEY WOOLEY DINING 10/1/09

DINNER

WHOLE KERNEL CORN FROZEN

WHOLE KERNAL CORN FROZEN

Nutrition Facts

Portion Size	3 oz Portion
calories	71
fat (gm)	0.1
sat fat (gm)	0.0
chol (mg)	0.0
sodium (mg)	4.4
carbs (gm)	17.9
protein (gm)	2.6
calcium (gm)	1.74
iron (gm)	0.26

VERNEY WOOLEY DINING

10/1/09

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

10/2/09

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

10/2/09

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

10/2/09

BREAKFAST

GRILLED SAUSAGE PATTIES

PORK SAUSAGE PATTIES

Nutrition Facts	
Portion Size	3 oz Portion
calories	314
fat (gm)	26.5
sat fat (gm)	9.2
chol (mg)	70.6
sodium (mg)	1101.1
carbs (gm)	0.9
protein (gm)	16.7
calcium (gm)	27.23
iron (gm)	1.06

VERNEY WOOLEY DINING

10/2/09

BREAKFAST

MUFFINS CRANBERRY FIESTA

FIESTA MUFFIN MIX,COLD WATER,FROZEN CRANBERRIES

Nutrition Facts	
Portion Size	3 oz Portion
calories	192
fat (gm)	5.7
sat fat (gm)	1.4
chol (mg)	0.0
sodium (mg)	330.9
carbs (gm)	35.9
protein (gm)	3.4
calcium (gm)	17.77
iron (gm)	1.72

VERNEY WOOLEY DINING

10/2/09

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 10/2/09

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 10/2/09

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 10/2/09

BREAKFAST

BAKED BEANS VEGETARIAN CANNED

VEGETARIAN BAKED BEAN CAN

Nutrition Facts	
Portion Size	3 oz Portion
calories	113
fat (gm)	0.5
sat fat (gm)	0.1
chol (mg)	0.0
sodium (mg)	481.9
carbs (gm)	24.9
protein (gm)	5.8
calcium (gm)	60.70
iron (gm)	0.35

VERNEY WOOLEY DINING

10/2/09

LUNCH

Baked Potato Parstock VW

BAKING POTATOES,SOUR CREAM,FREEZE
DRIED CHIVES,IMITATION BACON
BITS,CHEDDAR CHEESE SAUCE,BROCCOLI
CUTS,CHILI CON CARNE,CHILI VEGETARIAN
SNACK BARS,SHREDDED CHEDDAR CHEESE

Nutrition Facts	
Portion Size	potato
calories	154
fat (gm)	7.3
sat fat (gm)	4.3
chol (mg)	21.9
sodium (mg)	354.0
carbs (gm)	15.2
protein (gm)	7.5
calcium (gm)	145.73
iron (gm)	1.15

VERNEY WOOLEY DINING

10/2/09

LUNCH

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

10/2/09

LUNCH

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

10/2/09

LUNCH

CUPCAKES ASST. FROSTED '06

CHOCOLATE CUPCAKE REG,YELLOW
CUPCAKE REG,CHOCOLATE FROSTING,WHITE
FROSTING**Nutrition Facts**

Portion Size	CUPCAKE
calories	413
fat (gm)	18.1
sat fat (gm)	4.2
chol (mg)	0.6
sodium (mg)	325.6
carbs (gm)	64.2
protein (gm)	2.9
calcium (gm)	60.59
iron (gm)	1.46

VERNEY WOOLEY DINING

10/2/09

LUNCH

GERMAN SAUSAGE CHOWDER

KNOCKWURST,DICED POTATOES 1/2",ONIONS
WHITE DICED 1/4",GREEN
CABBAGE,SHREDDED,FLOUR UNBLEACHED
UNBR SPRING
KING,MARGARINE,HOMOGENIZED
MILK,SALT,GROUND WHITE PEPPER,SWISS
CHEESE,SHREDDED**Nutrition Facts**

Portion Size	6 oz Portion
calories	218
fat (gm)	14.8
sat fat (gm)	6.2
chol (mg)	33.3
sodium (mg)	745.3
carbs (gm)	12.4
protein (gm)	8.9
calcium (gm)	159.45
iron (gm)	0.54

VERNEY WOOLEY DINING

10/2/09

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

10/2/09

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

10/2/09

LUNCH

RICE PILAF WITH ZUCCHINI

MARGARINE,ONIONS WHITE DICED 1/4",BASE MIREPOIX,WATER TO MARK ON KETTLE,WHITE RICE,WHITE PEPPER,ZUCCHINI DICE SM SIDE

Nutrition Facts

Portion Size	4 oz Portion
calories	146
fat (gm)	2.8
sat fat (gm)	0.6
chol (mg)	0.1
sodium (mg)	231.9
carbs (gm)	26.8
protein (gm)	2.7
calcium (gm)	25.60
iron (gm)	1.26

VERNEY WOOLEY DINING

10/2/09

LUNCH

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING

10/2/09

LUNCH

SALAD MACARONI

ELBOW MACARONI,SHREDDED CHEDDAR
CHEESE,PEPPERS GRN DICED 1/4,ONIONS
WHITE DICED 1/4",CHOPPED
PARSLEY,PIMENTOS DICED,VEGETABLE
SALAD OIL,SALT,WHITE PEPPER,MAYONNAISE

Nutrition Facts	
Portion Size	4 oz Portion
calories	233
fat (gm)	12.0
sat fat (gm)	3.1
chol (mg)	14.8
sodium (mg)	358.9
carbs (gm)	25.4
protein (gm)	5.9
calcium (gm)	81.51
iron (gm)	1.27

VERNEY WOOLEY DINING

10/2/09

LUNCH

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

10/2/09

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 10/2/09

LUNCH

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts	
Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING 10/2/09

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 10/2/09

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

10/2/09

LUNCH

VEGAN MINESTRONE SOUP - cat menu 08

OLIVE OIL, CARROTS DICED 1/4", ONIONS
WHITE DICED 1/4", CELERY DICED
1/4", ESCAROLE CUT SMALL, CRUSHED
TOMATOS, KIDNEY BEANS AND JUICE, GARLIC
CHOPPED/IN OIL, BASE MIREPOIX, WATER TO
MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	35
fat (gm)	1.1
sat fat (gm)	0.2
chol (mg)	0.3
sodium (mg)	556.6
carbs (gm)	5.2
protein (gm)	1.6
calcium (gm)	21.48
iron (gm)	0.43

VERNEY WOOLEY DINING

10/2/09

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

10/2/09

LUNCH

VEGAN TOFU SLOPPY JOES

VEGETABLE SALAD OIL, PEPPERS GRN
DICED 1/4", ONIONS WHITE DICED 1/4", GARLIC
CHOPPED/IN OIL, CELERY DICED
1/4", CARROTS DICED 1/4", TEMPEH RICE BULK
1/2" CUBE, TOFU FIRM NASOYA
CRUMBLED, MOLASSES, TOMATO PUREE
1.06, CHILI POWDER, TABASCO SAUCE, SALT

Nutrition Facts

Portion Size	8oz portions
calories	259
fat (gm)	11.6
sat fat (gm)	1.2
chol (mg)	0.0
sodium (mg)	603.3
carbs (gm)	28.7
protein (gm)	15.6
calcium (gm)	140.93
iron (gm)	5.58

VERNEY WOOLEY DINING 10/2/09

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 10/2/09

LUNCH

BREAD MULTI GRAIN CT-10 ('07)

WATER, VEGETABLE SALAD
OIL, HONEY, SALT, BULGUR CRACKED WHEAT
, WHEAT GERM, WHITE RYE FLOUR, QUICK
OATS, FLOUR UNBLEACHED UNBR SPRING
KING, DRY MILK POWDER, YEAST, BRAN TABLE
50 lb

Nutrition Facts

Portion Size	LOAF
calories	1521
fat (gm)	36.5
sat fat (gm)	3.4
chol (mg)	5.4
sodium (mg)	3094.1
carbs (gm)	259.3
protein (gm)	47.7
calcium (gm)	453.78
iron (gm)	10.21

VERNEY WOOLEY DINING 10/2/09

DINNER

Caribbean Chicken Mint Stir Fry

SAUCE CHILI ASIAN,GROUND
CORIANDER,GROUND GINGER,GROUND
PAPRIKA,GROUND BLACK PEPPER,GROUND
CAYENNE PEPPER,CHICKEN BREAST BNLSKL
4oz, JULIENNED,OIL SALAD 90/10
ARREZZIO,ONIONS WHITE SLICED 1/4,GARLIC
CHOPPED/IN OIL,FRESH RARERIPES,
SLICED,RED PEPPERS, JULIENNED,FRESH
GINGER ROOT, MINCED,OIL SALAD 90/10
ARREZZIO,GRATED ORANGE PEEL,ORANGE
JUICE,JUICE LIME REALIME 1 GAL,GROUND
ALL SPICE,GROUND NUTMEG,CORN
STARCH,WATER,Mint Leaves Fresh, chopped

Nutrition Facts

Portion Size	6oz portion
calories	153
fat (gm)	2.7
sat fat (gm)	0.7
chol (mg)	53.8
sodium (mg)	53.5
carbs (gm)	11.0
protein (gm)	21.1
calcium (gm)	33.25
iron (gm)	1.43

VERNEY WOOLEY DINING 10/2/09

DINNER

Caribbean Tofu Mint Stir Fry

SAUCE CHILI ASIAN,GROUND
CORIANDER,GROUND GINGER,GROUND
PAPRIKA,GROUND BLACK PEPPER,GROUND
CAYENNE PEPPER,OIL SALAD 90/10
ARREZZIO,ONIONS WHITE SLICED 1/4,GARLIC
CHOPPED/IN OIL,FRESH RARERIPES,
SLICED,RED PEPPERS, JULIENNED,FRESH
GINGER ROOT, MINCED,OIL SALAD 90/10
ARREZZIO,GRATED ORANGE PEEL,ORANGE
JUICE,JUICE LIME REALIME 1 GAL,GROUND
ALL SPICE,GROUND NUTMEG,CORN
STARCH,WATER,Mint Leaves Fresh,
chopped,TOFU EXTRA FIRM NASOYA, CUBED

Nutrition Facts

Portion Size	6oz portion
calories	96
fat (gm)	3.6
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	10.9
carbs (gm)	11.7
protein (gm)	6.6
calcium (gm)	90.67
iron (gm)	4.21

VERNEY WOOLEY DINING 10/2/09

DINNER

CHUNKY MARINARA SAUCE

OLIVE OIL,TOMATO PLUM DANIELE
BRAND,KOSHER SALT,GROUND BLACK
PEPPER,FRESH BASIL JULIENNE,ONIONS
WHITE DICED 1/4",GARLIC PEELED CHOPPED

Nutrition Facts

Portion Size	4 oz Portion
calories	107
fat (gm)	4.1
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	694.4
carbs (gm)	17.9
protein (gm)	3.1
calcium (gm)	66.45
iron (gm)	2.36

VERNEY WOOLEY DINING 10/2/09

DINNER

GERMAN SAUSAGE CHOWDER

KNOCKWURST,DICED POTATOES 1/2",ONIONS
WHITE DICED 1/4",GREEN
CABBAGE,SHREDDED,FLOUR UNBLEACHED
UNBR SPRING
KING,MARGARINE,HOMOGENIZED
MILK,SALT,GROUND WHITE PEPPER,SWISS
CHEESE,SHREDDED

Nutrition Facts	
Portion Size	6 oz Portion
calories	218
fat (gm)	14.8
sat fat (gm)	6.2
chol (mg)	33.3
sodium (mg)	745.3
carbs (gm)	12.4
protein (gm)	8.9
calcium (gm)	159.45
iron (gm)	0.54

VERNEY WOOLEY DINING 10/2/09

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 10/2/09

DINNER

MACARONI AND CHEESE

MARGARINE,FLOUR UNBLEACHED UNBR
SPRING KING,HOT MILK,SAUCE
YIELD,SALT,WHITE PEPPER,CHEDDAR
CHEESE SAUCE,ROMANO CHEESE
GRATED,SHREDDED CHEDDAR
CHEESE,SAUCE & CHEESE YIELD,ELBOW
MACARONI,ROMANO CHEESE
GRATED,POTATO CHIPS
CRUSHED,MARGARINE-MELTED

Nutrition Facts	
Portion Size	8 oz Portion
calories	429
fat (gm)	21.3
sat fat (gm)	10.2
chol (mg)	44.3
sodium (mg)	902.5
carbs (gm)	41.8
protein (gm)	17.3
calcium (gm)	409.26
iron (gm)	1.83

VERNEY WOOLEY DINING 10/2/09

DINNER

PAELLA

KFC CHICKEN, CHOURICO, ITALIAN HOT SAUSAGE, OLIVE OIL, ONIONS WHITE DICED 1/4", PEPPERS GRN DICED, PIMENTOES DICED, CAPERS NONPAREIL 32 OZ, GARLIC CHOPPED/IN OIL, OREGANO, CORIANDER POWDER, GROUND BLACK PEPPER, WHITE RICE, RAW, CHICKEN BASE, WATER, EGG COLOR, MUSSELS SHELL ON

Nutrition Facts

Portion Size	8.700 oz Portion
calories	415
fat (gm)	19.3
sat fat (gm)	5.6
chol (mg)	75.6
sodium (mg)	804.0
carbs (gm)	35.0
protein (gm)	23.3
calcium (gm)	52.59
iron (gm)	4.15

VERNEY WOOLEY DINING 10/2/09

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 10/2/09

DINNER

PIE LOCAL APPLE

GRANULATED SUGAR, PIE DOUGH, APPLE PIE STABILIZER, WATER, WATER, SLICED FRESH APPLES; HILL ORCHARD, FRESH EGGS; LIL' RHODY FARM, GROUND CINNAMON

Nutrition Facts

Portion Size	PIE = 8 slices
calories	2851
fat (gm)	146.4
sat fat (gm)	51.4
chol (mg)	145.6
sodium (mg)	1973.3
carbs (gm)	366.8
protein (gm)	27.6
calcium (gm)	206.83
iron (gm)	20.58

VERNEY WOOLEY DINING 10/2/09

DINNER

ROAST BEEF SLICED DELI

BEEF RST COOK DELI CHOICE

Nutrition Facts	
Portion Size	SLICES
calories	91
fat (gm)	2.3
sat fat (gm)	0.8
chol (mg)	39.1
sodium (mg)	35.2
carbs (gm)	0.0
protein (gm)	16.4
calcium (gm)	2.83
iron (gm)	1.11

VERNEY WOOLEY DINING 10/2/09

DINNER

SALAD MACARONI

ELBOW MACARONI,SHREDDED CHEDDAR
CHEESE,PEPPERS GRN DICED 1/4,ONIONS
WHITE DICED 1/4",CHOPPED
PARSLEY,PIMENTOS DICED,VEGETABLE
SALAD OIL,SALT,WHITE PEPPER,MAYONNAISE

Nutrition Facts	
Portion Size	4 oz Portion
calories	233
fat (gm)	12.0
sat fat (gm)	3.1
chol (mg)	14.8
sodium (mg)	358.9
carbs (gm)	25.4
protein (gm)	5.9
calcium (gm)	81.51
iron (gm)	1.27

VERNEY WOOLEY DINING 10/2/09

DINNER

SAUTEED BROCCOLI & GARLIC

ONIONS WHITE DICED 1/4",GARLIC
CHOPPED/IN OIL,MARGARINE,OLIVE
OIL,OREGANO LEAF,SLICED OLIVES
RIPE,BROCCOLI CUTS FZ

Nutrition Facts	
Portion Size	3 oz Portion
calories	54
fat (gm)	3.5
sat fat (gm)	0.5
chol (mg)	0.0
sodium (mg)	126.2
carbs (gm)	4.8
protein (gm)	2.3
calcium (gm)	44.94
iron (gm)	0.79

VERNEY WOOLEY DINING 10/2/09

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 10/2/09

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 10/2/09

DINNER

SLICED MUENSTER

MUENSTER CHEESE

Nutrition Facts

Portion Size	2 oz Portion
calories	209
fat (gm)	17.0
sat fat (gm)	10.8
chol (mg)	54.2
sodium (mg)	355.9
carbs (gm)	0.6
protein (gm)	13.3
calcium (gm)	406.70
iron (gm)	0.23

VERNEY WOOLEY DINING 10/2/09

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 10/2/09

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 10/2/09

DINNER

SPINACH STUFFED TOMATOES

TOMATOES,MARGARINE,FLOUR UNBLEACHED
UNBR SPRING KING,MILK & SPINACH
LIQUID,CHOPPED SPINACH,
DRAINED,SALT,WHITE PEPPER,PARMESAN
CHEESE

Nutrition Facts

Portion Size	Each
calories	70
fat (gm)	3.1
sat fat (gm)	1.1
chol (mg)	4.9
sodium (mg)	203.4
carbs (gm)	9.0
protein (gm)	3.2
calcium (gm)	89.86
iron (gm)	1.57

VERNEY WOOLEY DINING 10/2/09

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

10/2/09

DINNER

VEGAN MINESTRONE SOUP - cat menu 08

OLIVE OIL, CARROTS DICED/1/4", ONIONS
WHITE DICED 1/4", CELERY DICED
1/4", ESCAROLE CUT SMALL, CRUSHED
TOMATOS, KIDNEY BEANS AND JUICE, GARLIC
CHOPPED/IN OIL, BASE MIREPOIX, WATER TO
MARK ON KETTLE

Nutrition Facts	
Portion Size	6 oz Portion
calories	35
fat (gm)	1.1
sat fat (gm)	0.2
chol (mg)	0.3
sodium (mg)	556.6
carbs (gm)	5.2
protein (gm)	1.6
calcium (gm)	21.48
iron (gm)	0.43

VERNEY WOOLEY DINING

10/2/09

DINNER

VEGAN TOFU SLOPPY JOES

VEGETABLE SALAD OIL, PEPPERS GRN
DICED/1/4", ONIONS WHITE DICED 1/4", GARLIC
CHOPPED/IN OIL, CELERY DICED
1/4", CARROTS DICED/1/4", TEMPEH RICE BULK
1/2" CUBE, TOFU FIRM NASOYA
CRUMBLED, MOLASSES, TOMATO PUREE
1.06, CHILI POWDER, TABASCO SAUCE, SALT

Nutrition Facts	
Portion Size	8oz portions
calories	259
fat (gm)	11.6
sat fat (gm)	1.2
chol (mg)	0.0
sodium (mg)	603.3
carbs (gm)	28.7
protein (gm)	15.6
calcium (gm)	140.93
iron (gm)	5.58

VERNEY WOOLEY DINING

10/2/09

DINNER
