		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	**BREAKFAST**							
L/R	Sausage Gravy	2-3 oz??	70	4	2	6	10	230
L/R	Buttermilk Biscuits	1 biscuit	150	29	4	2	0	570
L 001 01	**Grilled Bacon (precooked)**	**2 slices**	**29**	**0**	**2**	**2**	**4**	**81**
E 002 00	**Hominy Grits**	**0.67 cup**	**84**	**16**	**2**	**1**	**2**	**107**
K 007 00	Strawberry Topping	2.5 Tbsp	36	9	0	0	0	2
D 814 00	**Pancakes, Buttermilk (Frozen)**	**2 cakes**	**280**	**53**	**6**	**4**	**11**	**623**
Q 046 04	**Hash Brown Potatoes**	**1 patty**	**60**	**13**	**2**	**0**	**0**	**16**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
P 022 02	**Logging Soup**	**1 cup**	**129**	**19**	**8**	**3**	**5**	**980**
L 119 03	Lemon Baked Fish (Catfish)	4 oz	154	0	26	5	72	354
L 053 04	**Beef Stroganoff**	**6 oz**	**291**	**8**	**35**	**12**	**103**	**871**
E 004 00	**Boiled Pasta**	**1 cup**	**207**	**41**	**7**	**1**	**0**	**292**
E 801 00	Wild Rice	0.5 cup	37	8	1	0	0	1
Q 105 00	**Steamed Broccoli**	**0.75 cup**	**38**	**7**	**4**	**0**	**0**	**105**
Q 122 02	Fresh Summer Squash	0.75 cup	33	7	2	0	0	73
	TOTAL							
	DINNER							
P 009 08	**Tomato Soup**	**1 cup**	**96**	**19**	**2**	**2**	**0**	**788**
L 143 02	**Herb Baked Chicken**	**2 pcs**	**262**	**1**	**39**	**10**	**119**	**395**
L 837 00	Meatloaf (Precooked)	6 oz	355	19	31	17	95	1770
Q 050 01	Franconia Potatoes	0.5 cup	127	22	2	4	10	225
E 005 01	**Lyonnaise Rice**	**0.75 cup**	**164**	**33**	**3**	**2**	**0**	**215**
Q 108 00	**Steamed Carrots**	**0.75 cup**	**53**	**12**	**2**	**0**	**0**	**152**
Q 041 03	Pean and Onions	0.75 cup	65	14	4	1	0	169
Q 016 02	**Chicken Gravy**	**0.25 cup**	**47**	**3**	**1**	**3**	**0**	**414**
	TOTAL							