		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 001 01	**Grilled Bacon (precooked)**	**2 slices**	**29**	**0**	**2**	**2**	**4**	**81**
L 110 01	Corn Beef Hash (Canned)	4 oz	258	6	12	20	50	443
E 002 00	Hominy Grits	0.67 cup	84	16	2	1	2	107
E 001 00	**Hot Oatmeal**	**0.75 cup**	**106**	**18**	**5**	**2**	**0**	**216**
D 813 01	**French Toast**	**2 slices**	**261**	**39**	**9**	**8**	**100**	**606**
L/R	Fried Rice	0.67 cup	214	32	3	9	0	217
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
P 803 00	**Egg Drop Soup**	**1 cup**	**52**	**7**	**3**	**1**	**2**	**1160**
L 013 00	Pepper Steak	5.5 oz	259	7	31	11	68	369
L 153 00	**Five Spice Chicken**	**2 pieces**	**273**	**2**	**40**	**10**	**119**	**760**
E 007 00	Pork Fried Rice	0.75 cup	194	29	7	5	50	458
B 002 03	Egg Roll with Dipping Sauce	I egg roll	118	12	5	6	9	296
L/R	Dipping Sauce - Sweet and Sour Sauce	2 Tbsp	60	13	0	0	0	130
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 025 00	**Vegetable Stir Fry**	**0.5 cup**	**55**	**6**	**1**	**4**	**0**	**108**
Q 110 00	Steamed Corn	0.75 cup	108	26	4	1	0	75
	TOTAL							
	DINNER							
P 001 02	**Beef Noodle Soup**	**1 cup**	**55**	**6**	**4**	**2**	**9**	**1702**
L 241 00	Jamacian Jerk Chicken	5 oz	246	3	30	12	92	523
L 119 00	**Herb Baked Fish**	**4 oz**	**162**	**2**	**19**	**9**	**77**	**320**
Q 500 01	Garlic Cheese Potatoes (INSTANT)	0.5 cup	112	17	3	3	9	233
E 008 00	**Rice Pilaf**	**0.75 cup**	**201**	**37**	**4**	**4**	**4**	**927**
Q 126 00	**Mixed Vegetables**	**0.75 cup**	**78**	**16**	**4**	**1**	**0**	**130**
Q 109 00	Cauliflower	0.75 cup	26	5	2	0	0	98
Q 016 02	Chicken Gravy	0.25 cup	48	3	1	4	1	297
	TOTAL							