		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 200 00	**Turkey Sausage Links**	**2 oz**	**132**	**0**	**15**	**7**	**48**	**284**
L 001 01	Grilled Bacon (precooked)	2 slices	29	0	2	2	4	81
E 001 02	**Hot Farina**	**0.75 cup**	**104**	**22**	**3**	**0**	**0**	**216**
	Cherry Topping							
D 025 12	**Belgian Waffles**	**1 each**	**193**	**29**	**4**	**7**	**40**	**484**
Q 046 01	**Cottage Fried Potatoes**	**0.67 cup**	**201**	**28**	**2**	**9**	**0**	**245**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Asst Breakfast Sandiwches							
	TOTAL							
	LUNCH							
L/R	**Italian Wedding Soup (allrecipes)**	**2-3 oz**	**438**	**47.7**	**28.2**	**14.3**	**93**	**1211**
L/R	Italian Grilled Chicken Breast	4 oz	234	6	36	6	96	331
L 025 02	**Lasagna (frozen)**	**9 oz**	**312**	**27**	**21**	**13**	**36**	**760**
E 019 00	Brown Rice with Tomatoes	0.75 cup	167	35	4	1	0	163
L 508 00	Vegetable Lasagna	8 oz	292	38	22	7	16	1036
Q 087 00	**Italian Blend Vegetables**	**0.75 cup**	**81**	**10**	**3**	**3**	**0**	**188**
	Roasted Zucchini							
	TOTAL							
	DINNER							
P 001 01	**Beef Barley Soup**	**1 cup**	**80**	**13**	**4**	**2**	**4**	**1703**
L 143 03	Baked Chicken Breast	5 oz	179	0	32	4	88	286
L/R	Honey	1 Tbsp	60	17	0	9	0	0
L/R	Ginger	1 Tbsp		0	0	0	0	0
L 086 02	**Breaded Pork Chops**	**6.5 oz**	**509**	**31**	**33**	**27**	**163**	**401**
E 801 00	**Wild Rice**	**0.5 cup**	**37**	**8**	**1**	**0**	**0**	**1**
Q 084 00	Garlic-Lemon Roasted Potato Wedges	4 wedges	146	33	3	1	0	183
Q 100 00	**Asparagus**	**0.75 cup**	**23**	**4**	**2**	**0**	**0**	**74**
Q 108 00	Steamed Carrots	0.75 cup	49	11	1	1	0	164
	TOTAL							