		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	**BREAKFAST**							
L 091 00	Grilled Sausage Links	2 pieces	176	1	6	16	38	461
L 515 00	**Grilled Turkey Bacon**	**2 slices**	**57**	**0**	**4**	**4**	**21**	**308**
E 002 00	**Hominy Grits**	**0.67 cup**	**84**	**16**	**2**	**1**	**2**	**107**
D 813 00	**French Toast**	**2 slices**	**261**	**39**	**9**	**8**	**100**	**606**
Q 054 02	**O'Brien Potatoes**	**0.67 cup**	**78**	**8**	**1**	**5**	**0**	**289**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
K 007 00	Strawberry Topping	2.5 Tbsp	36	9	0	0	0	2
	Eggs to Order							
	TOTAL							
	LUNCH							
P 010 00	**Chicken Gumbo**	1 cup	117	14	5	5	7	1376
L 097 00	Shrimp Jambalaya	1.5 cup	352	49	25	6	100	1792
L 161 00	**Roast Turkey**	**4 oz**	**172**	**0**	**27**	**7**	**69**	**901**
O 016 02	**Turkey Gravy**	**0.25 cup**	**47**	**3**	**1**	**3**	**0**	**414**
Q 057 00	**Mashed Potatoes**	**0.5 cup**	**150**	**30**	**4**	**2**	**5**	**185**
O 020 00	Corn Bread Dressing	3.5 oz	175	25	5	6	35	611
Q 131 00	**Antigua Vegetable Blend**	**0.5 cup**	**68**	**14**	**2**	**1**	**0**	**171**
O 036 00	Cranberry Sauce (Canned)	0.25 cup	86	22	0	0	0	16
Q 105 00	Broccoli (FROZEN)	0.75 cup	38	7	4	0	0	105
	TOTAL							
	DINNER							
P 007 00	**Vegetable Soup**	**1 cup**	**57**	**10**	**3**	**1**	**1**	**1278**
L 109 02	Oven Fried Chicken	4.5 oz	470	18	24	33	62	994
L 119 03	**Lemon Baked Fish**	**4 oz**	**154**	**0**	**26**	**5**	**72**	**354**
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 051 01	Potatoes Au Gratin	0.67 cup	152	12	4	10	28	517
Q 017 01	**Glazed Carrots**	**0.5 cup**	**73**	**14**	**1**	**2**	**5**	**166**
Q 041 00	Peas w/ Mushrooms	0.75 cup	126	21	7	2	0	216
O 016 02	Chicken Gravy	0.25 cup	47	3	1	3	0	414
	TOTAL							