		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 512 00	Grilled Trukey Sausage Patties	1 patty	122	0	14	6	45	264
E 001 00	**Hot Oatmeal**	**0.75 cup**	**106**	**18**	**5**	**2**	**0**	**216**
D 814 00	**Pancakes, Buttermilk (Frozen)**	**2 cakes**	**280**	**53**	**6**	**4**	**11**	**623**
Q 050 01	**Franconia Potatoes**	**0.5 cup**	**126**	**22**	**2**	**4**	**10**	**231**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Apple Topping							
	Eggs to Order							
	TOTAL							
	LUNCH							
L 056 00	Southern Fried Catfish	4 oz	250	10	21	13	68	248
L 146 00	**BBQ Chicken (PTL)**	**8 oz**	**324**	**16**	**40**	**11**	**120**	**981**
F 001 00	Baked Macaroni & Cheese	1 cup	359	37	17	16	39	721
E 010 01	**Hopping John (Blk-Eye Peas w/ Rice)**	**0.67 cup**	**177**	**30**	**8**	**3**	**3**	**430**
Q 029 01	**Southern Style Greens w/ Turkey Legs (Collard)**	**0.5 cup**	**107**	**7**	**8**	**6**	**15**	**538**
L/R	**Turkey Legs**	**1 Leg**	**140**	**0**	**19**	**7**	**85**	**600**
Q 111 00	Corn on the Cob	1 ear	123	29	4	1	0	83
P 001 02	**Beef Noodle Soup**	**1 cup**	**55**	**6**	**4**	**2**	**9**	**1702**
	TOTAL							
	DINNER							
P 011 00	**Corn Chowder**	**1 cup**	**136**	**25**	**5**	**3**	**2**	**761**
L 212 01	**White Bean Chicken Chili**	**1.5 cup**	**394**	**45**	**37**	**8**	**74**	**785**
L 225 00	Orange & Rosemary Honey Glazed Pork Chops	1 chop	458	28	40	20	99	171
E 012 00	**Noodles Jefferson**	**0.75 cup**	**241**	**29**	**10**	**9**	**58**	**509**
E 016 00	Islander's Rice	0.75 cup	149	31	5	1	0	644
Q 101 02	Wax Beans (Canned)	0.75 cup	26	6	1	0	0	443
Q 063 00	**Tangy Spinach**	**0.5 cup**	**31**	**5**	**3**	**1**	**0**	**187**
	TOTAL							