		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L 069 01	**Grilled Ham Slices (Grilled Ham Steak)**	**3 oz**	**174**	**0**	**22**	**9**	**57**	**1446**
L 089 02	Grilled Sausage Patties	1 patty	147	0	8	12	33	517
E 001 02	**Hot Farina**	**0.75 cup**	**104**	**22**	**3**	**0**	**0**	**216**
D 025 06	**Waffles, frozen (brown)**	**2 ea**	**176**	**27**	**4**	**6**	**22**	**524**
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
	Cherry Topping							
	Eggs to Order							
	TOTAL							
	LUNCH							
N 006 03	Grilled Ham & Cheese Sandwich	1 sandwich	391	25	21	22	76	1251
L 022 00	**Beef Stew**	**1.25 cup**	**286**	**22**	**25**	**11**	**66**	**593**
N/A	Potato Chips - Baked LAYS	1 container	130	26	2	2	0	200
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
Q 102 00	Lima Beans (Frozen)	0.75 cup	162	31	9	0	0	136
Q 108 00	**Steamed Carrots**	**0.75 cup**	**49**	**11**	**1**	**1**	**0**	**164**
P 009 08	**Tomato Soup (CANNED)**	**1 cup**	**96**	**19**	**2**	**2**	**0**	**788**
	TOTAL							
	DINNER							
L 177 01	**Bombay Chicken Breast**	**5 oz**	**287**	**31**	**32**	**4**	**88**	**81**
L 119 01	Baked Fish with Garlic Butter	4 oz	178	0	26	8	72	246
E 007 00	Pork Fried Rice??	0.75 cup	211	29	8	6	55	462
Q 057 00	**Mashed Potatoes (INSTANT)**	**0.5 cup**	**150**	**30**	**4**	**2**	**5**	**185**
Q 101 00	Green Beans	0.75 cup	36	8	2	0	0	76
Q 122 00	**Summer Squash**	**0.75 cup**	**46**	**10**	**3**	**0**	**0**	**76**
P 024 02	**Cream of Mushroom Soup (CANNED)**	**1 cup**	**163**	**13**	**4**	**11**	**2**	**1010**
Q 016 02	**Chicken Gravy**	**0.25 cup**	**47**	**3**	**1**	**3**	**0**	**414**
	TOTAL							

Would like to try making the tomato soup and cream of mushroom…..?