		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	BREAKFAST							
L/R	Sausage Gravy	2-3 oz??	70	4	2	6	10	230
L/R	Buttermilk Biscuits	1 biscuit	150	29	4	2	0	570
L 001 01	**Grilled Bacon (precooked)**	**2 slices**	**29**	**0**	**2**	**2**	**4**	**81**
E 001 00	**Hot Oatmeal**	**0.75 cup**	**106**	**18**	**5**	**2**	**0**	**216**
K 007 00	Strawberry Topping	2.5 Tbsp	36	9	0	0	0	2
D 814 00	**Pancakes, Buttermilk (Frozen)**	**2 cakes**	**280**	**53**	**6**	**4**	**11**	**623**
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
	Eggs to Order							
	TOTAL							
	LUNCH							
P 058 00	**Creamy Shrimp Bisque**	**1 cup**	**212**	**15**	**13**	**11**	**13**	**479**
L 205 00	**Italian Rice and Beef**	**9 oz**	**313**	**25**	**26**	**12**	**72**	**1418**
L 023 00	Caribbean Chicken Breast	5 oz	202	7	32	4	88	212
E 004 02	Basil Penne Pasta	0.5 cup	271	43	8	8	0	412
Q 502 00	**Italian Roasted Potatoes**	**0.5 cup**	**128**	**29**	**3**	**1**	**0**	**237**
Q 135 00	**Scandanivan Vegetables**	**0.5 cup**	**50**	**10**	**3**	**0**	**0**	**82**
	Grilled Egg Plant							
	TOTAL							
	DINNER							
L 082 00	Sweet & Sour Pork	1 cup	348	28	29	13	98	329
L 143 04	**Mexican Baked Chicken Breast**	**5 oz**	**184**	**1**	**32**	**5**	**88**	**293**
E 005 00	Steamed Rice	0.75 cup	148	32	3	1	0	214
Q 057 00	**Mashed Potatoes (Instant)**	**0.5 cup**	**150**	**30**	**4**	**2**	**5**	**185**
Q 108 00	**Steamed Carrots**	**0.75 cup**	**49**	**11**	**1**	**1**	**0**	**164**
L/R	Sweet Peas	0.5 cup	60	10	4	0.5	0	320
O 016 02	**Chicken Gravy**	**0.25 cup**	**47**	**3**	**1**	**3**	**0**	**414**
P 001 00	**Beef Rice Soup**	**1 cup**	**71**	**11**	**4**	**2**	**4**	**1702**
	TOTAL							