		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 110 01	Corn Beef Hash (Canned)	4 oz	258	6	12	20	50	443
E 001 02	Hot Farina	0.75 cup	104	22	3	0	0	216
D 813 00	French Toast	2 slices	261	39	9	8	100	606
L/R	Fried Rice	0.67 cup	214	32	3	9	0	217
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							
L 839 00	Chicken Cordon Bleu	1 ea	567	14	29	44	158	1343
L 028 02	Chili Macaroni	1.25 cup	330	42	22	9	50	501
E 014 00	Spring Garden Rice	0.75 cup	170	31	7	2	5	302
Q 001 05	Green Bean Combo	0.75 cup	77	10	2	4	0	81
Q 112 01	Cream Style Corn (Canned)	0.75 cup	130	33	3	1	0	514
P 008 03	Old Fashioned Bean Soup	1 cup	130	25	8	0	1	535
	TOTAL							
	DINNER							
L 005 00	Roast Beef	4 oz	276	0	39	12	112	86
L 147 02	Turkey a la King	1 cup	213	19	18	7	46	2278
E 012 00	Noodles Jefferson	0.75 cup	241	29	10	9	58	509
E 027 01	Pierogies	3 ea	237	40	6	6	16	653
Q 060 00	Club Spinach	0.5 cup	163	14	9	8	19	682
Q 124 00	Succotash	0.75 cup	114	24	5	1	0	127
O 016 00	Brown Gravy	0.25 cup	73	5	1	5	0	363
P 004 00	Onion Soup	I cup	108	9	2	8	1	1289
	TOTAL							