		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	**BREAKFAST**							
L 200 00	Turkey Sausage Links	2 oz	132	0	15	7	48	284
L 001 01	**Grilled Bacon (precooked)**	**2 slices**	**29**	**0**	**2**	**2**	**4**	**81**
E 001 02	**Hot Farina**	**0.75 cup**	**104**	**22**	**3**	**0**	**0**	**216**
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
	Blueberry Topping	2.5 Tbsp	80	21	0	0	0	50
	Eggs to Order							
	TOTAL							
	LUNCH							
L/R	**Tomato Bisque**	**1 cup**	**124**	**23.7**	**2.3**	**2.5**	**5**	**1047**
L 121 00	Shrimp Scampi	5.5 oz	199	6	24	9	210	583
L 228 00	**Rotisserie Chicken Quarters**	**3 oz**	**155**	**2**	**17**	**8**	**69**	**680**
L/R	Vegetable Cous Cous	1 cup?	273	39	9.6	9.95	20	371.7
Q 048 03	**Roasted Red Potatoes**	**4 oz**	**113**	**17**	**2**	**4**	**0**	**170**
Q 105 00	Steamed Broccoli	0.75 cup	38	7	4	0	0	105
Q 014 00	**Orange Carrots Amandine**	**0.5 cup**	**76**	**9**	**2**	**4**	**0**	**119**
	TOTAL							
	DINNER							
P 002 00	**Chicken Rice Soup**	**1 cup**	**73**	**9**	**4**	**2**	**7**	**1997**
L 018 00	BBQ Beef Cubes	6.5 oz	307	29	25	11	66	1238
L 085 00	**Braised Pork Chops**	**3 oz**	**286**	**0**	**29**	**18**	**81**	**184**
E 005 00	Steamed Rice	0.75 cup	148	32	3	1	0	214
E 004 01	**Buttered Pasta**	**1 cup**	**239**	**41**	**7**	**5**	**10**	**329**
Q 101 03	French Style Green Beans	0.75 cup	36	8	2	0	0	76
Q 126 00	**Steamed Mixed Veggies**	**0.75 cup**	**78**	**16**	**4**	**1**	**0**	**130**
O 016 00	**Brown Gravy**	**0.25 cup**	**73**	**5**	**1**	**5**	**0**	**363**
	TOTAL							