		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 001 01	**Grilled Bacon (precooked)**	**2 slices**	**29**	**0**	**2**	**2**	**4**	**81**
E 002 00	**Hominy Grits**	**0.67 cup**	**84**	**16**	**2**	**1**	**2**	**107**
D 025 06	**Waffles, frozen (brown)**	**2 ea**	**176**	**27**	**4**	**6**	**22**	**524**
Q 047 00	**Home Fried Potatoes**	**0.66 cup**	**214**	**32**	**3**	**9**	**0**	**217**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Cherry Topping							
	Eggs to Order							
	TOTAL							
	LUNCH							
P 026 00	**Tortellini Soup**	**1 cup**	**92**	**9**	**5**	**4**	**4**	**1579**
N 022 02	Cannon Ball Subs	1 sandwich	481	38	23	26	66	915
L 143 02	**Herb Baked Chicken**	**2 pcs**	**262**	**1**	**39**	**10**	**119**	**395**
E 008 00	**Rice Pilaf**	**0.75 cup**	**201**	**37**	**4**	**4**	**4**	**927**
Q 801 00	Cajun Oven Fries	4 ea	108	24	2	1	0	139
Q 112 01	Cream Style Corn	0.75 cup	130	33	3	1	0	514
Q 108 00	**Steamed Carrots**	**0.75 cup**	**49**	**11**	**1**	**1**	**0**	**164**
	TOTAL							
	DINNER							
L 013 01	**Oriental Pepper Steak**	**5.5 oz**	**227**	**8**	**30**	**8**	**86**	**463**
P 803 00	**Egg Drop Soup**	**8.5 oz**	**51**	**7**	**3**	**1**	**1**	**1611**
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
L/R	Lemon and Herb Turkey Fillet	6 oz?	309	53.2	16.6	4.4	25	547
N/A	Potato Chips - Baked LAYS	1 container	130	26	2	2	0	200
Q 073 01	Oriental Stir Fry	0.75 cup	123	22	5	3	0	496
Q 017 01	**Glazed Carrots**	**0.5 cup**	**73**	**14**	**1**	**2**	**5**	**166**
	TOTAL							