		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	**BREAKFAST**							
L 052 00	Cream Chipped Beef	6 oz	169	12	13	7	15	1219
N/A	Toast - Wheat Bread (Nature's Own)	1 slice	50	10	4	1	0	115
N/A	Toast - White Bread	2 slices	130	26	4	1.5	0	260
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
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 047 00	**Home Fried Potatoes**	**0.67 cup**	**214**	**32**	**3**	**9**	**0**	**217**
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
L 010 02	**Yankee Pot Roast**	**3.5 oz**	**419**	**9**	**36**	**26**	**114**	**479**
P 011 01	**Chicken Corn Chowder**	**1 cup**	**179**	**25**	**6**	**8**	**9**	**1088**
L 254 00	Grilled Salmon	5 oz	254	3	25	15	71	78
E 012 00	**Noodles Jefferson**	**0.75 cup**	**241**	**29**	**10**	**9**	**58**	**509**
E 005 02	Tossed Green Rice	0.75 cup	163	33	3	2	0	217
Q 127 00	Peas & Carrots	0.75 cup	65	14	4	1	0	169
Q 024 02	**Cauliflower Parmesan**	**0.75 cup**	**67**	**8**	**5**	**2**	**5**	**216**
O 018 00	**Pan Gravy**	**2 Tbsp**	**3**	**0**	**0**	**0**	**0**	**251**
	TOTAL							
	DINNER							
L 149 01	Baked Chicken w/ Mushroom Gravy	2 pieces	308	9	41	11	120	1065
L 840 00	**Blacken Fish**	**5.5 oz**	**156**	**3**	**30**	**2**	**90**	**1245**
Q 057 00	Mashed Potatoes	0.5 cup	150	30	4	2	5	185
E 004 01	**Buttered Pasta**	**1 cup**	**239**	**41**	**7**	**5**	**10**	**329**
Q 110 00	Steamed Corn	0.75 cup	108	26	4	1	0	75
Q 101 00	**Green Beans**	**0.75 cup**	**36**	**8**	**2**	**0**	**0**	**76**
P 017 00	**Spanish Soup**	**1 cup**	**88**	**10**	**4**	**4**	**11**	**1087**
	TOTAL							