		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 00	**Hot Oatmeal**	**0.75 cup**	**106**	**18**	**5**	**2**	**0**	**216**
D 025 06	**Waffles, frozen (brown)**	**2 ea**	**176**	**27**	**4**	**6**	**22**	**524**
Q 054 02	**O'Brien Potatoes**	**0.67 cup**	**78**	**8**	**1**	**5**	**0**	**289**
	Peach Topping							
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
P 500 00	**Asian Stir Fry Soup**	**6 oz**	**112**	**10**	**7**	**5**	**16**	**842**
L/R	Chicken Pancit - NEED TO ANALYZE RECIPE							
L 092 00	**BBQ Ribs**	**7 oz**	**594**	**16**	**40**	**41**	**161**	**1022**
L/R	**Jasmine Rice**	**0.25 cup**	**170**	**39**	**0**	**0**	**0**	**0**
L/R	Asian Cous Cous							
Q 073 00	**Oriental Stir Fry**	**0.75 cup**	**81**	**13**	**4**	**2**	**0**	**475**
Q 106 00	Brussel Sprouts (FROZEN)	0.75 cup	57	11	5	0	0	104
	TOTAL							
	DINNER							
P 026 00	**Tortellini Soup**	**1 cup**	**92**	**9**	**5**	**4**	**4**	**1579**
L 185 00	Caribbean Catfish	4 oz	229	9	21	12	68	183
L/R	**Chicken Curry**							
E 807 00	**Dirty Rice**	**0.75 cup**	**51**	**10**	**2**	**1**	**0**	**159**
E 004 01	Buttered Pasta	1 cup	239	41	7	5	10	329
Q 009 00	Spicy Beets	0.75 cup	50	12	1	0	0	446
Q 101 00	**Green Bean Lyonnaise**	**0.75**	**36**	**8**	**2**	**0**	**0**	**76**
	TOTAL							