		Serving Size	Calories (kcal)	Carbs (gm)	Protein (gm)	Fat (gm)	Cholesterol (mg)	Sodium (mg)
Recipe #	**BREAKFAST**							
L 512 00	Turkey Sausage Patties	2 oz	106	3	13	5	42	244
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 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**
	Blueberry Topping							
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
L 119 07	**Cajun Baked Halibut**	**4 oz**	**163**	**1**	**26**	**6**	**72**	**364**
L 142 00	Honey Glazed Rock Cornish Hens	6 oz	342	12	25	21	147	92
E 022 00	**Orzo wirh Lemon and Herbs**	**0.75 cup**	**92**	**12**	**2**	**4**	**0**	**362**
Q 001 03	**Cauliflower Combo**	**0.75 cup**	**93**	**13**	**4**	**4**	**0**	**130**
Q 124 00	Succotash	0.75 cup	114	24	5	1	0	127
P 024 02	**Cream of Mushroom Soup (CANNED)**	**1 cup**	**163**	**13**	**4**	**11**	**2**	**1010**
O 020 00	Cornbread Dressing	3.5 oz	175	25	5	6	35	611
	TOTAL							
	DINNER							
L 007 03	**Grilled Steak Top Sirloin, 10 oz**	**1 steak**	**746**	**3**	**78**	**34**	**204**	**149**
L/R	**w/ Sauteed Onion and Mushroom**	**2 oz**	**22**	**2.8**	**8.56**	**0.96**	**0**	**1.91**
L 191 00	Chicken & Italian Vegetable Pasta	1.25 cup	329	48	24	5	41	665
Q 044 00	Baked Potatoes	1 ea	146	34	3	0	0	9
E 008 00	**Rice Pilaf**	**0.75 cup**	**193**	**35**	**3**	**4**	**5**	**618**
Q 126 00	Steamed Mixed Veggies	0.75 cup	78	16	4	1	0	130
Q 100 00	**Asparagus**	**0.75 cup**	**23**	**4**	**2**	**0**	**0**	**74**
O 106 00	Brown Gravy	0.25 cup	73	5	1	5	0	363
P 800 00	**Carrot Soup**	**8 oz**	**70**	**14**	**2**	**1**	**0**	**285**
	TOTAL							