		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 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 046 04	**Hash Browned Potatoes**	**1 patty**	**60**	**13**	**2**	**0**	**0**	**16**
	Cherry Topping							
F 004 00	Hard Boiled Eggs	2 ea	149	1	12	10	425	126
	Eggs to Order							
	TOTAL							
	LUNCH							
N 021 03	Grilled Chicken Sandwich	1 sandwich	350	25	29	14	79	381
L 099 00	**Pork Abodo**	**5 oz**	**262**	**6**	**28**	**13**	**98**	**325**
E 005 00	**Steamed Rice**	**0.75 cup**	**148**	**32**	**3**	**1**	**0**	**214**
N/A	Potato Chips - Baked LAYS	1 container	130	26	2	2	0	200
Q 101 00	Steamed Green Beans	0.75 cup	36	8	2	0	0	76
Q 016 00	**Carrots and Celery Amandine**	**0.5 cup**	**37**	**2**	**1**	**3**	**0**	**213**
P 015 01	**Cream of Potato Soup**	**1 cup**	**138**	**28**	**5**	**1**	**2**	**1034**
	TOTAL							
	DINNER							
L 032 00	**Parmesan Fish**	**4 oz**	**212**	**1**	**32**	**8**	**88**	**395**
L 827 01	Spaghetti with Meatballs	1.5 cup	747	60	27	45	67	2274
Q 801 00	**Cajun Potato Wedges**	**4 ea**	**108**	**24**	**2**	**1**	**0**	**139**
Q 116 00	Steamed Peas	0.75 cup	103	19	7	0	0	76
Q 108 00	**Steamed Carrots**	**0.75 cup**	**49**	**11**	**1**	**1**	**0**	**164**
P 002 01	**Chicken Noodle Soup**	**1 cup**	**62**	**6**	**4**	**2**	**7**	**1997**
	TOTAL							