

MENU DAY 1

<u>MENU DAY #1</u>	<u>RECIPE #</u>	<u>CALORIES</u>	<u>SUGGESTED FITNESS</u>
		<u>PER SERVING</u>	<u>PATTERN MENU</u>
<u>BREAKFAST DAY #1</u>			
FRUIT, FRESH, ASSORTED, SEASONAL	X60701	77	FRUIT, FRESH ASSORTED
ORANGE JUICE, CHILLED	X10190	72	ORANGE JUICE
EGGS TO ORDER	X20020	126	
MARGARINE PATTIES	X60402	32	
CEREAL, ASSORTED, DRY	X20010	82	CEREAL, ASSORTED
BREAKFAST STEAK SANDWICH	N00030	220	STEAK SANDWICH
HASHED BROWN POTATOES	Q05400	211	
MILK LOWFAT 2%	X60805	120	MILK LOWFAT 2%(1/2 PINT)
COFFEE (MANUAL URN)	C00501	0	
<b>TOTAL CALORIES</b>		<b>940</b>	<b>571</b>
<u>LUNCH DAY #1</u>			
BARBEQUED BEEF CUBES	L01800	453	BARBEQUED BEEF CUBES
RISSOLE POTATOES	Q05200	94	RISSOLE POTATOES
SEASONED PEAS	X70036	60	SEASONED PEAS
COLE SLAW WITH CREAMY DRESSING	M00900	66	COLE SLAW/DRESSING
CORN BREAD (CORN BREAD MIX) (50%)	D01500	220	
MARGARINE PATTIES	X60402	32	
FRUIT, FRESH, ASSORTED, SEASONAL	X60701	77	FRESH FRUIT ASSORTED
MILK LOWFAT 2%	X60805	120	MILK LOWFAT 2% (1/2 PINT)
BREADS, ASSORTED VARIETY (50%)	X60201	138	
COFFEE (MANUAL URN)	C00501	0	
CARBONATED BEVERAGE	X60900	160	
CHOCOLATE CHIP COOKIES (COOKIE MIX)	H02001	252	
<b>TOTAL CALORIES</b>		<b>1672</b>	<b>870</b>
<u>DINNER DAY #1</u>			
BEEF BARLEY SOUP	P00101	51	
CRACKERS, SODA	X60100	59	
SAVORY BAKED CHICKEN	L15800	476	SAVORY BAKED CHICKEN
FRUIT, FRESH, ASSORTED SEASONAL	X60701	77	FRUIT FRESH ASSORTED
OVEN BROWNED POTATOES	Q05000	160	
SEASONED WHOLE KERNEL CORN	X70021	60	WHOLE KERNEL CORN
TOSSED VEGETABLE SALAD	M04800	15	TOSSED VEGETABLE SALAD
SALAD DRESSING ASSORTED	X50214	39	
SALAD DRESSING ASSORTED LO-CAL	X50215	12	SALAD DRESSING LO-CAL
BREADS, ASSORTED	X60200	138	BREADS, ASSORTED
MARGARINE PATTIES	X60402	32	
CHOCOLATE PUDDING	J00145	155	
MILK LOWFAT 2%	X60805	120	MILK LOWFAT 2% (1/2 PINT)
COFFEE (MANUAL URN)	C00501	0	
COLD DRINK SWEETENED	C00030	40	
<b>TOTAL CALORIES</b>		<b>1434</b>	<b>898</b>