

Day	Meal Occasion Name	Dish Name	Carbohydrates (g)
Monday	Meal 1	NR TURKEY SADDLE	2.3
Monday	Meal 1	NR GRAVY	4.3
Monday	Meal 1	NR STUFFING BALLS	32
Monday	Meal 1	NR PIGS IN BLANKETS	9.7
Monday	Meal 1	1/4 Cut Roasts	21.2
Monday	Meal 1	Croquettes	30.7
Monday	Meal 1	NR BRUSSELL SPROUTS	2.5
Monday	Meal 1	NR BABY CARROT/GREEN BEAN/BABY CORN MEDLEY	3.9
Monday	Meal 2	NR STEAK PIE	10.8
Monday	Meal 2	1/4 Cut Roasts	21.2
Monday	Meal 2	Croquettes	30.7
Monday	Meal 2	NR BRUSSELL SPROUTS	2.5
Monday	Meal 2	NR BABY CARROT/GREEN BEAN/BABY CORN MEDLEY	3.9
Monday	Meal 3	NR CHEESE PASTA	29.9
Monday	Meal 3	NR BABY CARROT/GREEN BEAN/BABY CORN MEDLEY	3.9
Monday	Meal 3	NR BRUSSELL SPROUTS	2.5
Monday	Meal 3	Croquettes	30.7
Monday	Meal 3	1/4 Cut Roasts	21.2
Monday	Meal 4	NR COOLDELIGHT VANILLA	25
Monday	Meal 4	NR COOLDELIGHT STRAWBERRY	25