

	A	B	C	D	E
151	Veggie sticks/Greek dip	veggie sticks	1/2 oz.	65	
152		greek dip	1 tbsp	25	
153		Total		90	
154	Sardine Sandwich	Lite bread	2 slices	80	
155		Sardines	1/2 can	110	
156		Light mayonnaise	1 tbsp	35	
157		Onion	2 tsp	15	Dark Rye
158		Total		240	320
159	Pastrami & Eggs	Eggs, Fried	2 eggs	180	
160		Pastrami	2 slices (2 oz.)	80	
161		Total		260	
162	Thomas's English Muffins	English Muffin	1 muffin	120	
163	Coconut Cream Pie	Marie Callender's	whole 9" pie	3236	1/12 pie
164			slice 1/10 pie	324	270
165	Asparagus	cooked, steamed	2 oz.	13	
166	Triscuit with Smoked Salmon	as prepared with			
167		onion, capers and	1 piece	32	
168		cream cheese	10 pieces	320	
169	Rita's Tuna Salad Supreme	tuna fish	2- 1/2 oz.	105	
170	(per serving)	tomatos	2 small	20	
171		Asparagus	1 spear	5	
172		olives	5 pieces	15	
173		cucumber	1/8 large	5	
174		cauliflower	1/2 floret	2	
175		broccoli	1/2 floret	2	
176		onion, chopped	1 tbsp	4	
177		spring greens	1- 1/2 cups	15	
178		salad dressing	1- 1/2 tbsp	40	
179		Total		213	per serving
180	Rita's Request Omlet	red bell pepper	1/2 cup	23	
181		onion	1/4 cup	16	
182		cucumber	1/4 cup	4	
183		pastrami	2 slices	160	
184		Eggs	3 whole	189	
185		olive oil	1 tsp	40	per serving
186		Total		432	216
187	Clementines	1 medium	60 g or 2 oz.	23	
188	Bacon, (Kirkland)	Pan fried	2 slices	90	
189	Chicken Stir Fry	Stir fry veggies	6 oz.	80	