

STKDESC	SERV SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT GRAMS	SAT FAT GRAMS	CHOLEST MILLIGRAMS	SODIUM MILLIGRAMS	CARBS GRAMS	FIBER GRAMS	SUGAR GRAMS	PROTEIN GRAMS
Filet Mignon, Bacon Wrapped 2-6 oz.	140g	300	140	21	9	75	100	0	0	0	26
Beef Stew Cubes 1 lb.	4 oz	265	150	12.4	4.7	110	439	0	0	0	36
Filet Mignon 2/6-8 oz. Choice	4oz	277	90	10	4	70	60	0	0	0	33.5
Grilling Burger Patties 88/12% 4/4oz.	112g	210	126	14	5	75	75	0	0	0	22
Ground Beef Bulk 1 lbs.	4oz	1152	816	90.72	34.8	322	304	0	0	0	77.88
London Broil 1.25-1.5 lbs.	4 oz	150	40	4	1.5	65	60	0	0	0	26
Pepper Steaks 2/6-8oz.	1cup	317	184	20.48	3.87	69	556	4.95	1.3	1.56	27.71
Chuck Roast 2.5-3 lbs.	112g	290	200	22	9	75	65	0	0	0	32
Cubed Steak Beef Round 4/4oz.	4 oz	220	120	13	5	160	60	0	0	0	32
Ribeye, Boneless 2/9-11oz. Choice	4 oz	290	210	23	9	75	65	0	0	0	32
Tri Tip Loin Roast, Defatted 1.8-2 lbs.	4 oz	196	96	16	6	65	60	0	0	0	32.4
Steak Fajita Strips 1 lbs.	4 oz	130	54	6	2	55	420	1	0	1	18
Flank Steak 22-24 oz.	4 oz	242	120	20	8	4	55	0	0	0	32.5
Ribeye Steak, Bone-In 1 / 16oz. Choice	113g	300	207	23	9	85	55	0	0	0	22
Beef Back Ribs 1.8-2 lbs.	121g	357	198	22	9	113	70	0	0	0	37
Chateaubriand, Tenderloin Roast 2.5 lbs.	113g	280	180	20	8	75	55	0	0	0	22
Rump Roast 3.5 lbs.	4 oz	240	150	16	6	70	60	0	0	0	33.5
Top Round Steak 2/7-8 oz.	198g	394	89	9.8	3.5	180	89	0	0	0	71.63
Beef Brisket Cut & Trim 3.5 lbs.	113g	310	225	25	9.9	90	70	0	0	0	20
Corn Dogs 1 Box 28 1/4 lb.	1	280	163	18.06	6.49	42	755	20.74	11	4.65	8.26
Prime Rib Roast 4.5 lbs.	4 oz	406	293	33	13	94	71	0	0	0	25
Tenderloin Medallion "Butter Steak" .7-.75 lbs.	4oz	280	185	20.59	8.3	75	57	0	0	0	22.24
Blue Cheese Fillet Burger 4/6 oz.	170g	560	400	45	20	130	480	1	0	0	35
Sirloin Steak Coulotte Fillet 2/7-9oz. Choice	85g	150	39	4	2	43	56	0	0	0	26
Ground Beef Patties, Angus 4/6 oz.	4 oz	240	150	17	7	70	65	0	0	0	31.3
New York Steak, Bone-In 2/11-12 oz. Choice	420g	840	486	525	21	270	210	0	0	0	93
Tri-Tip, Burgundy Pepper Marinated 1.4-1.5 lbs.	170 G	220	70	8	2.5	60	930	4	0	2	30
Garlic Steak Fillet Burger 4/6 oz.	170G	510	340	38	15	115	280	9	0	7	30
New York Steak 1" 2/12-13 oz Choice	4oz	250	157	5.8	2.2	58	70	0	0	0	33.4
Porterhouse Steak 1". Choice	4oz	258	150	20	8	70	65	0	0	0	31.3
T-Bone Steak 14-16oz. Choice* change to 1.7lbs ea/77 in stock	4 oz	258	150	20	8	70	65	0	0	0	31.3
Carne Asada 1 lb.	85g	165	64	7.1	29	47	48	0	0	0	23.6
Flat Iron Steak 2/8 oz.	224g	400	234	25.99	8.99	150	170	0	0	0	41.99
Pork Loin Country Style Ribs 1lb.	3OZ	280	190	22	8	80	45	0	0	0	20
Premium Pork Loin Chop Center Cut B/L 4/6oz.	6 oz	174	60	5.75	1.98	86	69	0	0	0	28.6
Premium Pork Loin Roast Boneless 2.5 lbs.	3 oz	486	159	17.6	5.4	222	132	0	0	0	76
Ham Steaks 2/7-8 oz.	2 oz	60	10	1	0	15	590	2	0	2	9
Premium Pork Chops, Loin Cut B/L 4/4 oz.	4oz	114	40	3.8	1.3	56	45	0	0	0	18.9
Babyback Ribs, Prepared 1.67 lbs.	4 oz	242	137	15	5	95	81	0	0	0	25
Bacon Strips 1 lb.	57 G	240	210	24	9	30	310	0	0	0	7

Premium Pork Tenderloin 15-17 oz.	4 oz	120	25	25	2	75	55	0	0	0	24
Bacon Strips Extra Thick 1 lb.	57 G	240	210	24	9	30	310	0	0	0	7
Spiral Ham, Richly Smoked 8.5 lbs.	84g	140	60	7	3	50	750	4	0	4	15
Kielbasa Sausage 1lb.	2 oz	180	140	16	5	50	470	1	0	1	9
Pork Chops, Stuffed with Apple & Almond 4/6 oz.	113 G	270	130	14	5	70	360	8	0	2	25
Diced Pork 1 lbs.	135 G	311	165	18.3	6.5	122	101	0	0	0	34.2
Babyback Ribs, Uncooked 2.5 lbs	113G	320	243	27	10	90	85	0	0	0	18
Pork Sausage Links 16/1oz.	102G	86	68	7.52	2.495	20	80	0	0	0	4.28
Deli Ham-Sliced 1 lb.	56 G	50	15	1.5	0.5	20	430	1	0	1	9
Pork Loin Chop Center Cut B/I 2/8oz.	113 G	140	36	4	1.5	75	55	0	0	0	25
Patty Sausage 4/4oz.	102 G	44	33	3.69	1.187	11	97	0	0	0	2.53
Hot Links 4/4oz.	2 OZ	120	70	8	3	35	430	1	0	0	11
Bratwurst 4/4oz.	56 G	120	70	8	3	35	440	0	0	0	10
Deli Turkey-Sliced 1 lb.	102G	29	4	0.47	0.136	12	288	1.19	0.1	1	4.84
Whole Leg Quarters 2/8 oz.	6 oz	290	190	22	6	105	95	0	0	0	22
BL/SL Teriyaki Chicken Breast 4/4oz.	116G	121	18	2.025	0.506	66	385	2.025	0	1.012	23.287
BL/SL Mesquite Chicken Breast 4/4oz.	112G	120	1	2	1	60	880	2	0	0	22
Chicken Breast Tenders, Breaded fully cooked 2 lbs.	85 G	150	45	5	1	45	310	11	0	0	14
Chicken Kiev 4/6 oz.	102G	72	33	3.72	1.796	30	107	1.2	0.1	0.07	7.94
Chicken Cordon Bleu 4/6 oz.	6OZ	320	150	16	3	75	500	16	0	1	29
Chicken Fryers, Cut 8 Ways 3 - 3.5lbs	4 oz	240	150	17	5	100	80	0	0	0	21
BL/SL Chicken Breast 4/6oz.	4 oz	190	90	10	3	70	70	0	0	0	23
Turkey Sausage 1 lb.	2 oz	70	40	4.5	2	25	320	1	0	1	8
BI/SO Chicken Breast 2/8oz.	8 oz	264	120	15	1.5	0	65	75	0	0	0
Whole Chicken Roasters 3.25 - 3.5 lbs.	4 ox	240	150	17	4.5	100	80	0	0	0	0
Chicken Breast Patties, Breaded 10/3.2 oz.	102G	250	130	16	3.5	35	620	15	1	0	14
Andouille Chicken Sausage 4/4oz.	112G	177	71	7.973	2.658	71	664	0	0	0	23.034
Chicken Nuggets Breaded fully cooked 5 lbs.	91G	273	155	17.2	4	40	475	15.2	0	0	14.2
Turkey Breast Tenders, B/L S/L 2/8 oz.	142 G	150	20	2.5	0.5	60	1440	6	1	5	24
Ground Turkey Chub 1 lbs.	4 oz	130	15	2	0.5	65	75	0	0	0	26
Chicken Hot Wings Fully Cooked 2.5lb.	90G	140	110	12	3.5	80	720	3	0	0	15
Chicken Wings Uncooked No Sauce 1 lb.	1 # (no sau	240	150	17	25	100	80	0	0	0	6
Chicken Drumsticks 1 lb.	4 oz	240	150	17	5	100	80	0	0	0	21
BL/SL Chicken Thigh Meat 1 lb.	4 oz	132	40	9	2.5	79	344	0	0	0	21.6
Ground Turkey Breast Meat 1 lbs.	4 oz	100	60	7	0.05	65	180	0	0	0	26
Chicken Divan broccoli and cheese 4/6 oz.	168G	300	150	16	4.5	60	400	16	1	1	24
Teriyaki Bacon Wrapped Turkey Breast 4/6 oz.	113 G	190	90	10	3	45	1290	7	0	6	16
BL/SL Lemon Pepper Chicken Breast 4/4oz.	113G	159	80	8.859	2.251	58	532	1.772	0.886	0.886	19.49
Mediterranean Chicken Sausage 4/4 oz.	112 G	140	45	5	1	80	590	7	2	0	20
Southwest Chicken Sausage 4/4 oz.	112 G	130	40	4	1	80	570	2	0	0	20
BL/SL Chicken Breast Cubes 1 lb.	102G	47	9	1.01	0.286	24	21	0	0	0	879
Chicken Breast Fillets, Cutlets 8/2 oz.	57G	60	7	0.75	0	33	38	0	0	0	13
Chicken Apple Sausage 4/4 oz.	85G	180	110	12	3.5	85	640	3	1	2	12
Chicken Parmesan, Breaded 4/6 oz.)	170 G	380	180	20	7	60	830	19	2	2	28
BI/SO Chicken Thigh 2/8 oz.	1 #	240	150	17	5	100	80	0	0	0	21
Chicken Tenders, Thinly Pressed B/L S/L (2  6 oz.)	94G	80	4	0.5	1.9	40	180	10	0.8	0.1	11
Turkey London Broil,Uncooked 1.5-1.75 lbs.	113G	180	72	8	2	75	65	0	0	0	25
All Natural Uncured Turkey Bacon 8 oz.	1 oz	61	40	4	1	10	140	0	0	0	3

Turkey Dogs 4 pk 1lb	1 LINK	100	70	8	2.5	30	510	2	0	1	5
Turkey Burgers 4/ 5.3 oz.	5 oz	170	70	8	2.5	65	75	0	0	0	21
Ground Chicken 1 lbs.	102G	36	18	2.02	0.564	13	61	0	0	0	4.06
Breaded Chicken Mini Tenders, Fully Cooked 2.5 lb.	84G	160	45	5	1	40	360	15	1	0	1.2
BL/SL Garlic Chicken Breast 4/4 oz.	113G	120	27	3	1	65	220	2	0	1	21
Prime Leg of Lamb, American 3-3.25 lbs.	3 1/2 oz	160	60	12	3	28	50	0	0	0	33
Prime Lamb Chops, Loin Cut, American 4/4 oz.	5-6 oz	183	60	8	3	80	71	0	0	0	33
Veal Cutlet Boneless 4/ 4oz	8 oz	90	15	1.5	5	40	55	0	0	0	18
Prime Lamb Sirloin Steak 2/8 oz.	85G	200	106	12	5	72	54	0	0	0	22
Cherry Pie 9"	152G	440	210	23	11		330	54	1	24	3
Sugar Free Apple Pie 9"	135G	370	210	23	11	0	260	38	1	8	3
Sugar Free Blueberry Pie 9"	135G	370	210	23	11	0	470	38	2	2	3
N.Y. Cheesecake 7"	120 G	570	340	38	19	155	460	50	1	35	8
Frosted Carrot Cake 9"	165G	760	430	48	7	6.5	54	75	3	54	8
Chocolate Covered Cheesecake	4 oz	490	320	36	24	105	240	39	2	24	7
Apple Pie 9"	135G	450	210	23	11	0	390	57	1	27	3
Veggie Lasagna 48oz. Pkg.	100G	160	50	6	3.5	25	290	18	1	2	9
Beef Ravioli 1lb. Pkg.	102G	54	19	2.11	0.776	29	220	4.92	0.2	0.09	3.57
Cheese Manicotti with Meat Sauce 3.38 lbs.	255G	440	210	24	14	55	1260	30	2	7	29
Lasagna with Meat Sauce 48oz.	226G	440	210	23	13	95	460	20	2	4	35
Eggplant Parmesan w/ Marinara 3.38 lbs.	100G	490	90	7	2	15	160	6	2	0	3
Italian Style Meatballs 75/1.07 oz.	28G	100	60	7	2.5	20	190	3	0	0	7
Italian Sausage Mild 4/4oz	2 oz	140	90	11	3.5	35	390	1	0	0	9
Pepperoni Pizza 2/12"	71G	181	63	7	2.2	14	267	19.9	0	0	10.1
Meat Lovers Pizza 2/12"	129G	300	150	16	7	40	870	12	1	3	14
Cheese Pizza 2/12"	63G	168	54	6.1	2.7	14	340	20.4	1.1	2.5	7.6
Baked Ziti w/ Marinara 3.38 lbs.	225G	490	90	11	3.5	15	460	81	5	7	20
Cheese Tortellini, Uncooked 1 lbs.	100G	220	50	6	3.5	30	420	30	3	1	11
Cheese Ravioli, Uncooked 1 lbs.	100G	200	80	9	5	55	310	22	2	3	10
Italian Sausage Hot 4/4oz.	2 oz	140	90	11	3.5	35	390	1	0	0	9
Catfish Filets 2/6 oz.	1 filet	151	40	9.15	1.9	43	251	5.4	0.3	0.54	11.07
Salmon Filets 2/5 oz.	4 oz	135	40	4	1	85	50	0	0	0	23
Halibut Filets 2/5 oz.	4 oz	130	25	3	0	45	60	0	0	0	23
Sole Filets 2/5 oz.	4 oz	135	40	4	1	80	80	0	0	0	23
Alaskan Cod 2/5 oz.	4 oz	189	14	1.5	3	99	140	0	0	0	41
Swordfish Filets 2/5 oz.	4 pz	150	50	6	1	45	100	0	0	0	22
Shrimp CPD 1 lb.	4 oz	100	10	1	0	0	35	240	0	0	19
Scallops Uncooked 1 lb.	3oz	75	6	1	0	28	137	2	0	0	14
Wild Dungeness Crab Legs & Claws 1.5 lbs.	170G	90	10	1	0	65	320		0	0	19
Breaded Cod 1 lbs.	1 filet	218	90	9.98	1.9	65	544	9.3	0.6	0.92	21.57
Shrimp In Scampi Sauce with butter, wine & garlic	140G	150	80	9	5	125	830	4	1	0	15
Alaskan Crab Legs 24 oz.	1 oz	29	0.4	0.5	0.06	28	170	0	0	0	5.7
Orange Roughy Filets 2/6 oz.	4oz	140	70	8	0	20	70	0	0	0	16
Chilean Sea Bass Filets 2/6 oz.	4 oz	270	200	22	4	30	130	2	0	0	14
Pacific Rockfish 4/3 oz.	1OZ	27	4	0.4	0.1	10	17	0	0	0	5.3
Red Snapper Filets 2/6 oz.	4 oz	110	20	2	0	40	105	2	0	0	23
Trout, Rainbow 2/5 oz.	3.5 oz	118	30	3.4	0.6	57	27	0	0	0	20.5
Mahi Mahi Filets 2/5 oz.	4 oz	100	5	1	0	80	110	1	0	0	21

Ahi Tuna 2/5 oz.	4 oz	122	8	1.08	0.27	51	42	0	0	0	26.5
Smoked Salmon, Sliced 0.5 lbs.	50G	80	40	4	2	20	400	0	0	0	12
Raw Shrimp PD 16/20 1 lb.	113G	90	0	0	0	130	360	1	0	0	22
Shrimp Breaded 1 lb.	112 G	170	15	1.5	0	85	740	24	0	1	14
Salmon Fillets, Wild Sockeye 2/5 oz.	4 oz	170	60	7	1.5	70	50	0	0	0	25
Tilapia Fillets 2/5 oz.	3.5 oz	98	22	2.4	0.5	49	52	0	0	0	18.5
Eastern Shore Crab Cakes 10/3 oz.	85 G	240	150	17	3	40	580	12	2	1	11
Hoki, Mild White Fish Fillets 2 lbs.	112G	136	20	2.4	0	0	0	0	0	0	26.8
Swai, Fillets Mild Freshwater Whitefish 2 lbs.	113G	100	20	2	0.5	25	30	0	0	0	21
Salmon w/ Dill Herb Sauce 2/5 oz.	50Z	179	69	7.63	1.207	64	166	3.92	0.8	1.54	22.82
Tilapia w/ Lemon Pepper Sauce 2/5 oz.	141G	213	34	3.75	1.25	4	150	2.5	0	0	20
Broccoli 2lbs.	82 G	25	0	0	0	0	20	4	2	1	2
Cut Corn 2.5 lbs.	90 G	90	15	1.5	0	0	0	16	4	7	3
Green Beans 2 lbs.	81 G	30	0	0	0	0	0	5	2	2	1
French Cut Green Beans 2 lbs.	82 G	30	0	0	0	0	0	5	2	2	1
Peas 2.5 lbs.	89 G	70	5	0.5	0	0	105	12	4	6	5
Peas and Carrots 2.5 lbs.	90 G	50	0	0	0	0	135	10	3	4	3
Cauliflower 2lbs.	100G	25	1	0.1	0	0	30	5.3	2.5	2.4	2
Brussels Sprouts 2 lbs.	81 G	35	0	0	0	0	10	6	3	0	3
Mixed Vegetables 2.5 lbs.	85 G	60	0	0	0	0	60	11	2	4	2
Broccoli Normandy 2 lbs.	81 G	30	0	0	0	0	30	5	200	200	1
Tater Tots 2 lbs.	84G	160	70	8	2	0	330	20	2	1	2
Crinkle Cut Fries 2 lbs.	84G	130	45	5	1.5	0	30	20	2	1	2
Stew Vegetables 2 lbs.	92G	40	0	0	0	0	50	9	1	3	1
Steak Cut Fries 2 lbs.	84G	110	25	3	1	0	330	18	2	0.1	2
Fajita Blend Vegetables 2 lbs.	79 G	25	0	0	0	0	5	5	1	3	1
Spinach, Chopped 1 lb	81 G	30	0	0	0	0	120	3	1	1	2
Hash Browns Patties 2.5 lbs	2.25OZ	130	70	8	2	0	250	14	3	1	1
Shoestring Cut Fries 2 lbs	113G	173	48	5.336	0.4	0	227	29.35	2.668	1.334	2.668
Roasted Baby Bakers 2.5 lbs.	85G	90	15	1.5	0	0	160	15	0	0	3
Baja Vegetable Roast 2 lbs.	90 G	100	15	1.5	0	0	320	18	4	8	4
Grecian Rosemary Vegetables 2 lbs.	112 G	110	70	8	4.5	20	380	9	3	3	1
Mediterranean Pesto Cream Vegetables 2 lbs.	101 G	70	30	3.5	1	5	260	7	2	3	2
Chalet Garlic Butter Vegetables 2 lbs.	110 G	110	80	9	5	20	380	6	2	3	1
Rotini & Spinach Pasta w/ Vegetables 2 lbs.	96G	80	5	0.5	0	0	10	17	5	1	4
Roasted Redskin w/ Rosemary Seasoning 2.5 lbs.	88 G	130	25	3	0	0	31	22	2	2	3
Stir Fry Vegetables 2 lbs.	94 G	35	0	0	0	0	30	6	2	3	1
Hash Browns Shredded 3 lbs.	84G	70	0	0	0	0	40	16	2	1	2
Medium Asparagus Spears 2.5 lbs.	83 G	20	0	0	0	0	5	3	2	2	3
Gourmet Onion Rings 2.5 lbs.	82 G	120	0	0	0	0	330	26	1	4	3
Sweet Potato Fries 3 lbs.	84G	150	45	5	0	0	170	24	3	6	1
Twice Baked Potato, Sour Cream Applewood Bacon 4/6oz.	142 G	200	70	8	2.5	5	330	28	2	2	4
Twice Baked Potato, Sour Cream & Chives 4/6 oz.	142 G	220	80	9	2.5	10	310	31	3	2	3
Mashed Potatoes 1.25 lbs.	142 G	150	50	6	3.5	15	260	18	2	2	3
Twice Baked Potato, Three Cheeses 4/6 oz.	142 G	210	90	10	3	10	370	28	3	3	4
Mashed Potatoes, Garlic 1.25 lbs.	142 G	140	50	6	3.5	15	280	18	2	2	3
Corn-on-the-Cob (8 5.16 oz.)	157 G	170	0	1.5	0	0	0	36	2	9	5
Whole Baby Carrots 2 lbs	85G	35	0	0	0	0	60	7	2	4	1

All Beef Meatloaf, Fully Cooked 2.4-2.6 lbs.	84 G	190	90	10	4	65	450	7	1	1	17
Beef and Bean Burritos 10/7 oz.	198G	370	90	10	3.5	15	1000	53	4	1	15
Bean and Cheese Burritos 10/7 oz.	198G	420	120	13	6	20	980	57	6	1	16
Cheese Enchilada Dinners 8/13.5 oz.	191G	260	90	10	5	20	530	31	5	2	10
Clam Chowder, New England 2/11 oz.	284G	310	190	21	12	75	1060	23	1	5	10
Chicken Tortilla Soup 2/11 oz.	284G	240	110	12	4.5	35	970	18	2	5	12
Fettuccine Alfredo 3.38 lbs.	226G	410	150	17	11	95	560	42	2	6	22
Tuscan Minestrone Soup 2/11 oz.	312G	180	50	6	1.5	5	540	29	4	6	7
Mozarella Sticks, Battered 2 lbs.	35 G	90	40	4.5	2	10	290	9	0.5	2	4
Chicken Noodle Soup 2/11 oz.	284G	130	35	4	1	30	860	14	1	2	9
Creamy Tomato Basil Soup 2/11 oz.	284G	270	170	19	10	60	1190	22	2	15	5
Pot Roast & Gravy, Fully Cooked 3 lbs.	4 oz	140	35	4	1	40	350	2	0	0	25
Potato Pancakes 2 lbs.	4 oz	150	35	4	1	30	420	25	2	1	3
Shredded Beef Taquitos 30/1 oz.	85G	170	60	7	1	10	260	22	2	0	7
Chicken Pot Pie 4/16 oz.	227 G	330	160	18	4	35	570	37	3	4	17
Country Crock Tub Margarine 5 lbs.	14G	60	60	7	2	0	100	0	0	0	0
Tri Tip, Fully Cooked 2.28-2.38 lbs.	85G	21.3	101	11.2	4.1	57	62	0	0	0	26.1
Beef Brisket with BBQ Sauce, Fully Cooked 3 lbs.	140 G	330	150	16	7	65	490	23	0	18	18
Deli Roast Beef, Sliced 1 lb.	56 G	80	25	3	1	25	490	1	0	0	11
Deli Pastrami, Sliced 1lb.	56 G	140	100	11	4.5	30	380	0	0	0	8
Eye of Round Roast 3.25-3.75 lbs	113G	191	49	5.6	2	79	71	0	0	0	32.8
Milenesa 1 lb.	4 oz	240	120	20	8	4	55	0	0	0	32.5
Kobe Burgers 2/8 oz.	4oz	240	150	17	7	70	65	0	0	0	31.3
Beef Short Ribs Korean 1lb.	28G	48	26	3	1	17	18	0	0	0	5
Jumbo Dogs 4/4oz..	112G	310	250	28	11	65	950	3	0	1	13
Sirloin Steak Baseball Cut 2/7-9oz. Choice	85G	158	48	5.3	2	76	56	0	0	0	25.8
Veggie Burgers 4/4 oz.	71G	110	30	3	1.5	5	490	16	4	0	5
Salami-sliced 1 lb.	102G	71	51	5.7	2.294	18	302	64	0	0	3.95
Breaded Zucchini 3.5 lbs.	84 G	90	0	0	0	0	360	20	2	4	2
Jalapeno Poppers 4 lbs.	65 G	130	50	6	3.5	10	420	15	1	1	3
Breaded Mushrooms 3 lbs.	85 G	100	15	1.5	0	0	410	19	1	3	3