

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU JUNE 20 - 30, 2018

DATE	BREAKFAST	LUNCH (Menu B)
MENU DAY 1 Wed. Jun 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST APPLE TURNOVER FRESH FRUIT VARIETY COLD CEREAL	CHEESE ENCHILADA with Chili & Cheese OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, LF or w/Cheese CREAM CORN CARROTS, LF or Glazed RICE/GRAVY
MENU DAY 2C Thu. Jun 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST CRANBERRY/ORANGE MUFFIN, fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAP BEEF TIPS over NOODLES CAPRI BLEND VEGES. HARVARD BEETS POTATO CHIPS MASHED POTATOES/GRAVY CHUCKWAGON CORN
MENU DAY 3 Fri. Jun 22	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST STRAWBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW COLE SLAW YELLOW SQUASH ENGLISH PEAS SPINACH MASHED POTATOES
MENU DAY 4 Sat. Jun 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST DONUT FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/ MEATSAUCE POT ROAST GARLIC BREAD STIR FRY VEGGIES BAKED POTATO BROCCOLI, LF or w/ Cheese CREAM CORN CARROTS, LF
MENU DAY 5 Sun. Jun 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN DRUMMETTES MEATLOAF BROCCOLI NORMANDY. CABBAGE POTATO SALAD BABY LIMA BEANS RED SKIN POTATOES
MENU DAY 6A Mon Jun 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST LINK SAUSAGE BLUEBERRY MUFFIN, fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED PEPPERS over MEXI RICE ROAST TURKEY CORNBREAD DRESSING GREEN BEANS STIR FRY VEGETABLES CREAM CORN MASHED POTATOES
MENU DAY 7A Tue. Jun 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST APPLE TURNOVER, fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU (White Cheese Sauce Available) HAMBURGER STEAK MASHED POTATOES YELLOW SQUASH w/Onions POTATO CHIPS CARROTS, LF or Glazed RICE/GRAVY
MENU DAY 8 Wed. Jun 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST CINNAMON ROLL, fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARLICKY CHICKEN POT ROAST SCALLOPED POTATOES CHUCKWAGON CORN GARLIC BREAD POTATO CHIPS GREEN BEANS CAPRI BLEND VEGGIES
MENU DAY 9 Thu. Jun 28	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST BLUEBERRY MUFFIN, fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	EGG PLANT PARMESAN over Spaghetti Noodles OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS MASHED POTATOES STEAMED CABBAGE CARROTS, LF GARLIC BREAD
MENU DAY 10 Fri. Jun 29	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST WAFFLES APPLE FRITTER FRESH FRUIT VARIETY COLD CEREAL	BEEF RANCH WRAP TORTILLA CRUSTED TILAPIA FISH BAKED CATFISH, LF MASHED POTATOES BROCCOLI NORMANDY POTATO CHIPS CORN on the COB GREEN BEANS COLE SLAW
MENU DAY 11 Sat. Jun 30	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST APPLE FRITTER FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES MASHED POTATOES CREAM CORN BAKED SWEET POTATO

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU JULY 1 - 11, 2018

DATE	BREAKFAST	LUNCH (Menu C)
MENU DAY 1 Sun. July 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	STRAWBERRY SHORTCAKE MUFFIN FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 2C Mon. July 2	BACON/HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	PANCAKES VARIETY DANISH FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 3 Tue. July 3	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 4 Wed. July 4	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER, fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 5 Thu. July 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANBERRY ORANGE MUFFINS, fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 6A Fri. July 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	LINK SAUSAGE STRAWBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 7A Sat. July 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 8 Sun. July 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 9 Mon. July 9	SAUSAGE/BACON SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	HASHBROWNS DONUTS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 10 Tue. July 10	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER WAFFLES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 11 Wed. July 11	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL
		COUNTRY FRIED STEAK/GRAVY OVEN FRIED CHICKEN TENDERS BAKED CHICKEN CHICKEN WRAP BEEF TIPS over NOODLES CAPRI BLEND VEGES. HARVARD BEETS PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH BABY ROAST POTATOES BISCUIT RICE/GRAVY CREAM CORN CARROTS, LF or Glazed BROCCOLI, LF or w/Cheese POTATO CHIPS MASHED POTATOES/GRAVY CHUCKWAGON CORN COLE SLAW ENGLISH PEAS SPINACH BISCUITS <b style="text-align: center;">INDEPENDENCE DAY!! HAMBURGER on BUN BBQ CHICKEN CARROTS, LF or Glazed BROCCOLI, LF or with Cheese Sauce POTATO CHIPS CREAM CORN GARLIC BREAD RICE CHICKEN FILLET SANDWICH MEATLOAF BROCCOLI NORMANDY. BOILED OKRA POTATO CHIPS POTATO SALAD BABY LIMA BEANS RED SKIN POTATOES PEPPERONI PIZZA or CHEESE PIZZA ROAST TURKEY CORNBREAD DRESSING GREEN BEANS STIR FRY VEGETABLES CREAM CORN MASHED POTATOES HAM & CHEESE on CROISSANT HAMBURGER STEAK MASHED POTATOES YELLOW SQUASH w/Onions POTATO CHIPS SPECKLED BUTTER BEANS CARROTS, LF or Glazed CHICKEN CORDON BLEU with White Cheese Sauce POT ROAST SCALLOPED POTATOES CHUCKWAGON CORN GREEN BEANS CAPRI BLEND VEGETABLES SHREDDED BEEF TAMALES w/ Chili & Cheese OVEN FRIED PORK CHOPS GRILLED PORK CHOP, LF ENGLISH PEAS MEXI RICE STEAMED CABBAGE CARROTS, LF MASHED POTATOES COUNTRY FRIED STEAK/GRAVY PECAN CRUSTED TILAPIA FISH BAKED CATFISH, LF BROCCOLI NORMANDY BAKED POTATOES MASHED POTATOES/GRAVY BISCUIT HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES POTATO CHIPS CREAM CORN BAKED SWEET POTATOES

MENU SUBJECT TO CHANGE WITHOUT NOTICE