

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU October 12 – 22, 2021

DATE	BREAKFAST	LUNCH (Menu A)
MENU DAY 1 Tues. Oct. 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 2C Wed. Oct. 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked PANCAKES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 3 Thurs. Oct. 14	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 4 Fri. Oct. 15	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 5 Sat. Oct. 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 6H Sun. Oct. 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH LINK SAUSAGE FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 7A Mon. Oct. 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 8 Tues. Oct. 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 9 Wed. Oct. 20	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 10 Thurs. Oct. 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT WAFFLES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 11 Fri. Oct. 22	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL

LF = LOW FAT or LOWER FAT FF = FAT FREE

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU

October 23 – November 2, 2021

DATE	BREAKFAST		LUNCH	(Menu B)
MENU DAY 1 Sat. Oct. 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN RICE/CREAM GRAVY BROCCOLI FLORETS, LF or w/Cheese Sauce	CARROTS, LF or Glazed CREAM CORN
MENU DAY 2C Sun. Oct. 24	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL PANCAKES	BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN HARVARD BEETS MASHED POTATOES	
MENU DAY 3 Mon. Oct. 25	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS, fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BAKED POTATO	COLE SLAW ENGLISH PEAS SPINACH POTATO CHIPS
MENU DAY 4 Tues. Oct. 26	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN BAKED POTATO
MENU DAY 5 Wed. Oct. 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF BROCCOLI NORMANDY. BABY ROAST POTATOES	POTATO CHIPS POTATO SALAD LIMA BEANS BABY CARROTS
MENU DAY 6G Thurs. Oct. 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	LINK SAUSAGE ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN & DUMPLINGS BAKED CHICKEN GREEN BEANS	STIR FRY VEGETABLES CREAM CORN MASHED POTATOES
MENU DAY 7A Fri. Oct. 29	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	PIZZA HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH	FIELD PEAS & SNAPS ITALIAN GREEN BEANS
MENU DAY 8 Sat. Oct. 30	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL, fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES WHOLE KERNEL CORN	GREEN BEANS BRUSSEL SPROUTS
MENU DAY 9 Sun. Oct. 31	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS	STEAMED CABBAGE CARROTS, LF
MENU DAY 10 Mon. Nov. 1	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	WAFFLES CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	FRENCH DIP SANDWICH PECAN CRUSTED TILAPIA FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	POTATO CHIPS CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 Tues. Nov. 2	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES	POTATO CHIPS BAKED SWEET POTATO

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STEPHENS COUNTY HOSPITAL, CAFETERIA MENU November 3-13, 2021

DATE	BREAKFAST		LUNCH (Menu C)	
MENU DAY 1 Wed. Nov. 3	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF	RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C Thurs. Nov. 4	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	CHICKEN WRAP BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF	POTATO CHIPS MASHED POTATOES WHOLE KERNEL CORN, FF
MENU DAY 3 Fri. Nov. 5	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	COLE SLAW POTATO CHIPS ENGLISH PEAS SPINACH BAKED POTATO
MENU DAY 4 Sat. Nov. 6	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN BAKED POTATO, FF
MENU DAY 5 Sun. Nov. 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF, LF BROCCOLI NORMANDY, FF BABY ROAST POTATOES	POTATO SALAD LIMA BEANS, FF BABY CARROTS
MENU DAY 6G Mon. Nov. 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT LINK SAUSAGE FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN & DUMPLINGS BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or with Cheese	RICE CORN on COB
MENU DAY 7A Tues. Nov. 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF	BROCCOLI NORMANDY PINTO BEANS
MENU DAY 8 Wed. Nov. 10	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN	GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE
MENU DAY 9 Thurs. Nov. 11	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Fri. Nov. 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH WAFFLES FRESH FRUIT VARIETY COLD CEREAL	BEEF RANCH WRAP OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	POTATO CHIPS CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 Sat. Nov. 13	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF	POTATO CHIPS TURNIP GREENS, FF CREAM CORN

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