

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU April 10th – April 20th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Thurs Apr 10	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE CROISSANT OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CHIPS CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2A Fri Apr 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN	CHIPS HAVARD BEETS BAKED SWEET POTATO CREAM OF POTATO SOUP
MENU DAY 3 Sat Apr 12	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Sun Apr 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFIN 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 MASHED POTATO BAKED POTATO
MENU DAY 5 Mon. Apr 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MONTEREY CHICKEN MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BROCCOLI NORMANDY CORN on COB BABY CARROTS
MENU DAY 6H Tue Apr 15	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese WHITE RICE	CHIPS CREAM CORN MASHED POTATOES
MENU DAY 7B Wed Apr 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	SWEET & SOUR CHICKEN HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	EGG ROLLS FRIED RICE ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Thurs Apr 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN PARMESAN POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GARLIC BREAD BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Fri Apr 18	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGER SCONE fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CLUB SANDWICH OVEN FRIED PORK GRILLED PORK CHOP, LF ENGLISH PEAS MEXICAN RICE	CHIPS BABY CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 Sat Apr 19	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFIN WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Sun April 20	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	GRILLED PORK CHOPS BAKED HAM STEAMED CABBAGE ENGLISH PEAS CAPRI VEGGIES	MASHED POTATOES CORN on COB RICE PILAF CARROT, glazed or LF

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU April 21st – May 1st

DATE	BREAKFAST	LUNCH	(Menu B)
MENU DAY 1 Mon Apr 21	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Tue Apr 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	BREADED CHICKEN SANDWICH BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN CHIPS HAVARD BEETS BAKED SWEET POTATO CREAM OF POTATO SOUP
MENU DAY 3 Wed Apr 23	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Thurs Apr 24	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Fri Apr 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CORN DOGS MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO CHIPS BROCCOLI NORMANDY CORN on COB BABY CARROTS
MENU DAY 6H Sat Apr 26	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese WHITE RICE CREAM CORN MASHED POTATOES
MENU DAY 7B Sun Apr 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed GREAT NORTHERN BEANS ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Mon Apr 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	ROMAN NODDLE STIR FRY POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND EGG ROLL BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Tue Apr 29	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	RIBLET SANDWICH OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES BABY CARROTS, LF STEAMED CABBAGE TATER TOTS
MENU DAY 10 Wed Apr 30	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	BEEF RAVIOLI OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO GARLIC BREAD BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Thurs May 1	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES FRENCH FRIES MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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