

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU April 12<sup>th</sup> – April 22<sup>nd</sup>

DATE	BREAKFAST		LUNCH (Menu C)	
MENU DAY 1 Fri. Apr. 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PERSONAL PAN CHEESE PIZZA PERSONAL PAN PEPPERONI PIZZA CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	BREAD STICKS WHITE RICE CREAM CORN
MENU DAY 2C Sat. Apr. 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT PANCAKES VARIETY COLD CEREAL	HAM & CHEESE on CROISSANT BEEF TIPS over NOODLES CAPRI BLEND VEGES., FF HARVARD BEETS, LF CREAM OF POTATO SOUP	CHIPS MASHED POTATO WHOLE KERNEL CORN BAKED SWEET POTATO
MENU DAY 3 Sun. Apr. 14	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS FRESH FRUIT VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BABY ROASTED POTATOES	CHIPS ENGLISH PEAS SPINACH
MENU DAY 4 Mon. Apr. 15	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 BAKED POTATO, FF MASHED POTATO
MENU DAY 5 Tue. Apr. 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CARNORANGE MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	SWEET & SPICY GLAZED PORK CHOP MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES	LIMA BEANS, FF TOMATO & OKRA POTATO SALAD
MENU DAY 6H Wed. Apr. 17	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAWIIAN BEEF SANDWICH COUNRTY FRIED STEAK BAKED CHICKEN RICE/GRAVY GREEN BEANS BROCCOLI, LF or W/CHEESE	CHIPS PEAS & CARROTS CREAM CORN BAKED POTATO
MENU DAY 7B Thur. Apr. 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WINGS HAMBURGER STEAK MASHED POTATO / GRAVY ITALIAN GREEN BEANS YELLOW SQUASH w/Onions, FF	FRIED RICE DUMPLINGS EGG ROLL ZUCCHINI & TOMATO
MENU DAY 8 Fri. Apr. 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL fresh baked FRESH FRUIT VARIETY COLD CEREAL	TURKEY CLUB SANDWICH POT ROAST, LF SCALLOPED POTATOES CORN on COB CARROTS, LF or Glazed	CHIPS MASHED POTATO GREEN BEANS TOMATO SOUP
MENU DAY 9 Sat. Apr. 20	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDER OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS MASHED POTATO/ GRAVY
MENU DAY 10 Sun. Apr. 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS WAFFLES FRESH FRUIT VARETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED COD BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	COLESLAW CARROTS, LF or Glazed RICE/GRAVY HUSH PUPPIES
MENU DAY 11 Mon. Apr. 22	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNRTY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURDER BAKED HAM CAPRI BLEND VEGETABLES TURNIP GREENS MASHED POTATO/GRAVY	TATER TOTS CORN on COB BAKED SWEET POTATO

LF = LOW or LOWER FAT

FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU April 23<sup>rd</sup> – May 3<sup>rd</sup>

DATE	BREAKFAST		LUNCH (Menu A)	
MENU DAY 1 <b>Tue. Apr. 23</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked RED LINK SAUSAGE FRESH FRUIT VARIETY COLD CEREAL	SLOPPY JOES CHICKEN TENDER BAKED CHICKEN, LF RICE, FF or CREAM GRAVY BROCCOLI, LF or w/Cheese	FRENCH FRIES CHIPS CARROTS, FF or Glazed CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2C <b>Wed. Apr. 24</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked PANCAKES FRESH FRUIT VARIETY COLD CEREAL	HOT DOGS POT ROAST MAC & CHEESE CAPRI VEGES, FF HARVARD BEETS	CHIPS BAKED BEANS WHOLE KERNEL CORN BAKED SWEET POTATO MASHED POTATO
MENU DAY 3 <b>Thur. Apr. 25</b>	BACON SAUSAGE COUNTRY FRIED STEAK 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 BABY ROASTED POTATO	COLE SLAW POTATO CHIPS YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 <b>Fri. Apr. 26</b>	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 MASHED POTATO BROCCOLI or w/cheese	CAESAR SALAD GARLIC BREAD CARROTS CREAM CORN BAKED POTATO
MENU DAY 5 <b>Sat. Apr. 27</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	CHIPS BROCCOLI NORMANDY WHITE SWEET CORN BABY CARROTS
MENU DAY 6C <b>Sun. Apr. 28</b>	BACON LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN POT PIE BAKED CHICKEN PEAS & CARROTS BROCCOLI, LF or with Cheese BAKED POTATO	BISCUITS  GREEN BEANS
MENU DAY 7B <b>Mon. Apr. 29</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	MEAT & VEGETABLE LASAGNA HAMBURGER STEAK MASHED POTATOES/GRAVY SLICED CARROTS, FF ITALIAN GREEN BEANS	CHEESE BREAD STICK  YELLOW SQUASH BRUSSEL SPROUTS
MENU DAY 8 <b>Tue. Apr. 30</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	LEMON PEPPER SALMON POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	YELLOW RICE CAPRI BLEND VEGGIES GREEN BEANS, FF STRY FRY VEGETABLES
MENU DAY 9 <b>Wed. May 1</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BOUBON BEEF TIPS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF WHITE RICE	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 <b>Thur. May 2</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN QUESADILLA OVEN FRIED COD FISH BAKED CATFISH, LF BROCCOLI NORMANDY MASHED POTATO	COLE SLAW MEXICAN RICE BALCK BEANS BAKED POTATO CARROTS
MENU DAY 11 <b>Fri. May 3</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM CREAM CORN TURNIP GREENS BAKED SWEET POTATO	TATER TOTS  MASHED POTATOES BABY CARROTS BROCCOLI SOUP

LF = LOW FAT or LOWER FAT    FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**