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

DATE	BREA	AKFAST	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 TENDER BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	S 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	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	GARDEN BURGERS BAKED HAM M TURNIP GREENS C BAKED SWEET POTATO C CAPRI VEGGIES	RENCH FRIES  IASHED POTATOES  ORN on COB  REAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 2<sup>nd</sup> – May 12<sup>th</sup>

DATE	BREA	AKFAST	LUNCH	(Menu B)			
MENIII	BACON	BLUEBERRY MUFFINS	PEPPERONI OR CHEESE PIZZA				
MENU DAY 1	SAUSAGE	fresh baked	OVEN FRIED CHICKEN TENDERS				
<i>D7</i> 11 1	SCRAMBLED EGGS GRITS/OATMEAL	FRESH FRUIT	BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese	CARROTS, GLAZED or LF MASHED POTATO			
Fri	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	RICE, FF w/Gravy	CREAM CORN			
May 2			, ,				
MENU	HAM & BACON SAUSAGE	CHOCOLATE MUFFINS	HAM & CHEESE CROISSANT BEEF TIPS over NOODLES	CHIP			
DAY 2A	SCRAMBLED EGGS	FRESH FRUIT	MASHED POTATO	HAVARD BEETS			
	GRITS/OATMEAL	VARIETY COLD CEREAL	CAPRI BLEND VEGETABLES	BAKED SWEET POTATO			
Sat	WHITE/WHEAT TOAST	PANCAKES	WHITE SWEET CORN	CREAM OF POTATO SOUP			
May 3	BACON	BANANA NUT MUFFINS	PECAN CRUSTED TILAPIA	CHIPS			
MENU	SAUSAGE	fresh baked	BBQ PORK on BUN	COLE SLAW			
DAY	SCRM. EGGS w/CHEESE		PORK ROAST, LF	ROASTED POTATOES			
3 Sun	GRITS/OATMEAL	FRESH FRUIT	BRUNSWICK STEW	SPINACH			
May 4	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	YELLOW SQUASH, reg. & FF	ENGLISH PEAS			
	HAM & BACON	APPLE TURNOVER	NACHO BAR				
MENU	SAUSAGE	fresh baked	BBQ CHICKEN WINGS				
DAY 4	SCRAMBLED EGGS		POT ROAST, LF	CREAM CORN			
Mon	GRITS/OATMEAL	FRESH FRUIT	CARROTS, FF or Glazed	MASHED POTATO			
May 5	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	BROCCOLI, FF or with Cheese Sauce				
MENU	BACON	BLUEBERRY MUFFINS	GRILLED CHEESE	CHIPS			
DAY 5	SAUSAGE SCRAMBLED EGGS	fresh baked HASH BROWN POTATOES	MEATLOAF LIMA BEANS	BABY CARROTS BROCCOLI NORMANDY			
	GRITS/OATMEAL	FRESH FRUIT	RED SKIN POTOATOES	CORN on COB			
Tue	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	MASHED POTATO	TOMATO SOUP			
May 6							
MENU	BACON LINK SAUSAGE	BROWN SUGAR SCONE fresh baked	ORANGE CHICKEN COUNTRY FRIED STEAK				
DAY 6H	SAUSAGE	nesn baked	BAKED CHICKEN	VEG DUMPLINGS			
***	SCRAMBLED EGGS		GREEN BEANS	CREAM CORN			
Wed May 7	GRITS/OATMEAL	FRESH FRUIT	BROCCOLI, LF or w/Cheese	MASHED POTATOES			
17Iuj 7	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	WHITE RICE	EGG ROLLS			
MENTE	BACON	CRANORANGE MUFFINS	CHICKEN QUESADILLA				
MENU DAY 7 <b>B</b>	SAUSAGE	fresh baked	HAMBURGER STEAK	MEXICAN RICE			
D111 7 <b>D</b>	SCRAMBLED EGGS GRITS/OATMEAL	COUNTRY FRIED STEAK FRESH FRUIT	MASHED POTATOES/GRAVY YELLOW SQUASH	BLACK BEANS ITALIAN GREEN BEANS			
Thurs	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	BABY CARROTS LF, or Glazed	SAUTEED ONIONS			
May 8	BACON	CINNAMON ROLLS	SHRIMP ALFREDO	GARLIC BREAD			
MENU	SAUSAGE	fresh baked	POT ROAST	GARLIC BREAD			
DAY 8	SCRAMBLED EGGS		SCALLOPED POTATOES	BRUSSEL SPROUTS			
Fri	GRITS/OATMEAL	FRESH FRUIT	CORN on COB	GREEN BEANS			
May 9	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	CAPRI VEGGIE BLEND	MASHED POTATOES			
	BACON	BLUEBERRY MUFFINS					
MENU DAY 9	SAUSAGE		OVEN FRIED PORK CHOP				
DAT9	SCRM. EGGS w/Cheese	VARIETY COLD CEREAL	GRILLED PORK CHOP, LF	BABY CARROTS, LF			
Sat	GRITS/OATMEAL WHITE/WHEAT TOAST	HASHBROWNS FRESH FRUIT	ENGLISH PEAS MASHED POTATOES	STEAMED CABBAGE CREAM OF BROCCOLI SOUP			
May 10			MEAT OR VEGETABLE LASAGNA				
MENU	HAM & BACON SAUSAGE	CHOCOLATE MUFFIN	OVEN FRIED COD	UARLIC DREAD			
DAY 10	SCRAMBLED EGGS	WAFFELS	BAKED CATFISH	BAKED POTATO			
Sun	GRITS/OATMEAL	FRESH FRUIT	BROCCOLI NORMANDY	CARROTS, glazed or LF			
May 11	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	MASHED POTATO	HUSH PUPPIES			
	LINK SAUSAGE	BLUEBERRY MUFFINS	HAMBURGER STEAK				
MENU DAY 11	BACON	fresh muffins		ASHED POTATOES			
DAIII	SAUSAGE			ORN on COB			
Mon	SCRAMBLED EGGS GRITS/OATMEAL	FRESH FRUIT	BAKED SWEET POTATO CR CAPRI VEGGIES	EAM OF POTATO SOUP			
May 12	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	CALKI VEOUIES				
LF = IC	LF = LOW or LOWER FAT MENU SUBJECT TO CHANGE WITHOUT NOTICE						
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