

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU April 23rd – May 3rd

DATE	BREAKFAST		LUNCH (Menu A)	
MENU DAY 1 Tue. Apr. 23	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 Wed. Apr. 24	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 Thur. Apr. 25	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 Fri. Apr. 26	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 Sat. Apr. 27	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 Sun. Apr. 28	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 Mon. Apr. 29	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 Tue. Apr. 30	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 Wed. May 1	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 Thur. May 2	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 Fri. May 3	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

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 4th – May 14th

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 Sat. May 4	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, FF or Glazed	MASHED POTATO CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2C Sun. May 5	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL PANCAKES	BREADED CHICKEN SANDWICH BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN	CHIPS MASHED POTATOES HARVARD BEETS
MENU DAY 3 Mon. May 6	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	TORTILLA TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ENGLISH PEAS SPINACH BABY ROASTED POTATO
MENU DAY 4 Tue. May 7	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 Wed. May 8	BACON SAUSAGE FRIED BOLOGNA SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MONTEREY CHICKEN MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA	POTATO SALAD LIMA BEANS, FF BABY CARROTS MASHED POTATO
MENU DAY 6A Thur. May 9	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED GREEN PEPPERS OVEN ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese BAKED POTATO	YEAST ROLLS MASHED POTATO CREAM CORN MEXICAN RICE
MENU DAY 7B Fri. May 10	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESE PERSONAL PAN PIZZA PEPPERONI PERSONAL PAN PIZZA HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH PINTO BEANS	RICE SAUTEED ONIONS ITALIAN GREEN BEANS MEXICAN CORNBREAD
MENU DAY 8 Sat. May 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WING POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GREEN BEANS MASHED POTATO
MENU DAY 9 Sun. May 12	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS	BISCUIT STEAMED CABBAGE CARROTS, LF MASHED POTATO
MENU DAY 10 Mon. May 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFELS FRESH FRUIT VARIETY COLD CEREAL	HARD & SOFT SHELLED TACO OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	COLESLAW CARROTS, LF or Glazed MASHED POTATOES MEXICAN RICE
MENU DAY 11 Tue. May 14	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES BRUSSEL SPROUTS	FRENCH FRIES BAKED SWEET POTATO MASHED POTATO

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