

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Apr 30th – May 10th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Thurs Apr 30	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 CARROTS, FF or Glazed	CHIPS MASHED POTATO CREAM CORN
MENU DAY 2C Fri May 1	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHEESEBURGER QUESADILLA BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN STIR FRY VEGGIES	MASHED POTATOES HARVARD BEETS BAKED SWEET POTATOES
MENU DAY 3 Sat May 2	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS 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 Sun May 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	BAKED POTATO CREAM CORN MASHED POTATO GARLIC BREAD
MENU DAY 5 Mon May 4	BACON SAUSAGE FRIED BOLOGNA SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA TATER TOTS	POTATO SALAD LIMA BEANS, FF BABY CARROTS MASHED POTATO
MENU DAY 6H Tue May 5	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	NACHO BAR COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese	MASHED POTATO CREAM CORN BAKED POTATO
MENU DAY 7B Wed May 6	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SWEET N SOUR PORK HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH VEGETABLE FRIED RICE	COLLARD GREENS SAUTEED ONIONS ITALIAN GREEN BEANS EGG ROLLS
MENU DAY 8 Thurs May 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	QUICHE LOARRAINE POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GREEN BEANS MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Fri May 8	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS CARROTS, LF	STEAMED CABBAGE MASHED POTATO GARLIC BREAD
MENU DAY 10 Sat May 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CARROTS, LF or Glazed MASHED POTATOES MEXICAN RICE
MENU DAY 11 Sun May 10	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAKS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES CREAM CORN	BAKED SWEET POTATO MASHED POTATO

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 11th – May 21st

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 Mon May 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEDDAR SAUSAGE DOGS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, FF or Glazed	MASHED POTATO CREAM CORN TATER TOTS
MENU DAY 2C Tue May 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	BEEF OR CHICKEN TACO BAR BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN STIR FRY VEGGIES	MASHED POTATOES HARVARD BEETS BAKED SWEET POTATOES
MENU DAY 3 Wed May 13	EMPLOYEE BREAKFAST CAFETERIA WILL BE CLOSED TO COMMUNITY		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 Thurs May 14	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS 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	CREAM CORN MASHED POTATO GARLIC BREAD
MENU DAY 5 Fri May 15	BACON SAUSAGE FRIED BOLOGNA SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	EMPLOYEE CHICKEN- QUE CAFETERIA WILL BE CLOSED TO COMMUNITY	
MENU DAY 6H Sat May 16	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese	MASHED POTATO CREAM CORN BAKED POTATO
MENU DAY 7B Sun May 17	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH WHITE RICE	SAUTEED ONIONS ITALIAN GREEN BEANS STIR FRY VEGGIES
MENU DAY 8 Mon May 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CUBAN SANDWICH POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	CHIPS GREEN BEANS MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Tue May 19	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	SHEPHERD'S PIE OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS CARROTS, LF	STEAMED CABBAGE MASHED POTATO
MENU DAY 10 Wed May 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN BACON RANCH QUESADILLA OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CARROTS, LF or Glazed MASHED POTATOES MEXICAN RICE
MENU DAY 11 Thurs May 21	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 CREAM CORN	BAKED SWEET POTATO MASHED POTATO FRENCH FRIES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE