

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Apr 8<sup>th</sup> – Apr 18

DATE	BREAKFAST	LUNCH	(Menu A)	
MENU DAY 1 <b>Wed Apr 8</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF RICE, FF or CREAM GRAVY BROCCOLI, LF or w/Cheese	CARROTS, FF or Glazed CREAM CORN MASHED POTATO
MENU DAY 2C <b>Thurs Apr 9</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked PANCAKES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN WRAPS BEEF TIPS over NOODLES CAPRI VEGGIES, FF HARVARD BEETS BAKED SWEET POTATOES	CHIPS WHOLE KERNEL CORN MASHED POTATO
MENU DAY 3 <b>Fri Apr 10</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILIPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW BABY ROASTED POTATO	COLESLAW POTATO CHIPS YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 <b>Sat Apr 11</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF MASHED POTATO CARROTS BROCCOLI, LF or w/ Cheese	CREAM CORN BAKED POTATO GARLIC BREAD
MENU DAY 5 <b>Sun Apr 12</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	CORN on COB BABY CARROTS BROCCOLI NORMANDY
MENU DAY 6H <b>Mon Apr 13</b>	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	CHILI CHEESE BEEF TAMALES COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or with Cheese CREAM CORN	MASHED POTATO GARLIC BREAD
MENU DAY 7A <b>Tue Apr 14</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARLIC CHICKEN HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH ITALIAN GREEN BEANS	WHITE RICE STIR FRY VEGGIES CREAM OF POTATO SOUP
MENU DAY 8 <b>Wed Apr 15</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SOUTHWESTERN QUESADILLA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	MEXICAN RICE CAPRI BLEND VEGGIES GREEN BEANS, FF BRUSSEL SPROUTS
MENU DAY 9 <b>Thurs Apr 16</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	FRENCH DIP SANDWICH OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 <b>Fri Apr 17</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	MEAT & VEGETABLE LASAGNA OVEN FRIED COD FISH BAKED CATFISH, LF BROCCOLI NORMANDY CARROTS	CAESAR SALAD MASHED POTATO BAKED POTATO GARLIC BREAD
MENU DAY 11 <b>Sat Apr 18</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM TURNIP GREENS, FF CREAM CORN BAKED SWEET POTATO	CAPRI BLEND VEGGIES MASHED POTATO

LF = LOW FAT or LOWER FAT    FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Apr 19<sup>th</sup> – Apr 29<sup>th</sup>

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 <b>Sun Apr 19</b>	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 <b>Mon Apr 20</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN STIR FRY VEGGIES	CHIPS  MASHED POTATOES HARVARD BEETS BAKED SWEET POTATOES
MENU DAY 3 <b>Tue Apr 21</b>	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 <b>Wed Apr 22</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 CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	BAKED POTATO CREAM CORN MASHED POTATO GARLIC BREAD
MENU DAY 5 <b>Thurs Apr 23</b>	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 <b>Fri Apr 24</b>	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 <b>Sat Apr 25</b>	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS  FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH	RICE SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 <b>Sun Apr 26</b>	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 BRUSSEL SPROUTS
MENU DAY 9 <b>Mon Apr 27</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BEEF RAVIOLI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS CARROTS, LF	STEAMED CABBAGE MASHED POTATO GARLIC BREAD
MENU DAY 10 <b>Tue Apr 28</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	HARD & SOFT SHELLLED TACO OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	COLESLAW  CARROTS, LF or Glazed MASHED POTATOES MEXICAN RICE
MENU DAY 11 <b>Wed Apr 29</b>	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 CREAM CORN	BAKED SWEET POTATO MASHED POTATO FRENCH FRIES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Apr 30<sup>th</sup> – May 10<sup>th</sup>

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1  <b>Thurs Apr 30</b>	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  <b>Fri May 1</b>	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  <b>Sat May 2</b>	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  <b>Sun May 3</b>	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  <b>Mon May 4</b>	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  <b>Tue May 5</b>	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  <b>Wed May 6</b>	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  <b>Thurs May 7</b>	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  <b>Fri May 8</b>	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  <b>Sat May 9</b>	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  <b>Sun May 10</b>	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

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