

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU August 9<sup>th</sup> – August 19<sup>th</sup>

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Sat Aug 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Sun Aug 10	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HAM & CHEESE CROISSANT BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN	CHIPS HARVARD BEETS BAKED SWEET POTATO CREAM OF BROCCOLI SOUP
MENU DAY 3 Mon Aug 11	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 Tue Aug 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES 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 Aug 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	FRENCH FRIES BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6A Thurs Aug 14	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED PEPPERS ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese RICE, FF w/ Gravy	YEAST ROLLS CREAM CORN MASHED POTATOES MEXICAN RICE
MENU DAY 7B Fri Aug 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	GRILLED CHEESE HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	CHIPS SAUTEED ONIONS ITALIAN GREEN BEANS TOMATO SOUP
MENU DAY 8 Sat Aug 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sun Aug 17	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN TENDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE
MENU DAY 10 Mon Aug 18	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	TURKEY CLUB SANDWICH OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	CHIPS BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Tue Aug 19	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 BAKED SWEET POTATO CAPRI VEGGIES	CHIPS MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU    Aug 20<sup>TH</sup> – Aug 30<sup>th</sup>

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1  Wed Aug 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	SALMON PATTIES OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C  Thurs Aug 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN TOMATO FLORENTINE SOUP	CHIPS     HARVARD BEETS BAKED SWEET POTATO
MENU DAY 3  Fri Aug 22	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  Sat Aug 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS   FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5  Sun Aug 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS  HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	   BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H  Mon Aug 25	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked  FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI OR CHEESE PIZZA COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese RICE, FF w/ Gravy	   CREAM CORN MASHED POTATOES
MENU DAY 7B  Tue Aug 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	MEXICAN CORNBREAD  SAUTEED ONIONS ITALIAN GREEN BEANS PINTO BEANS
MENU DAY 8  Wed Aug 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	QUICHE LORRAINE POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	  BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9  Thurs Aug 28	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHILI CHEESE BEEF TAMALES OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	  BABY CARROTS, LF STEAMED CABBAGE MEXICAN RICE
MENU DAY 10  Fri Aug 29	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	MEAT OR VEGETABLE LASGNA OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	GARLIC BREAD   BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11  Sat Aug 30	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS   FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Aug 31<sup>st</sup> – Sept 10<sup>th</sup>

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Sun Aug 31	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS  FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Mon Sept. 1	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HOT DOGS HAMBURGERS BAKED BEANS GREEN BEANS CORN ON COB	TATER TOTS  MASHED POTATO CARPI VEGGIE BLEND HAYARD BEETS
MENU DAY 3 Tue Sept. 2	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BAKED SALMON BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Wed Sept. 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD  CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Thurs Sept. 4	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	SPINACH CHEESE RAVIOLI MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	GARLIC BREAD  BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Fri. Sept. 5	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESE QUESADILLA COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese BLACK BEANS	CREAM CORN MASHED POTATOES MEXICAN RICE
MENU DAY 7B Sat Sept. 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS  COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Sun Sept. 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Mon Sept. 8	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHILI CHEESE BEEF TAMALES OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE MEXICAN RICE
MENU DAY 10 Tue Sept. 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	SANDWICH BAR OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Wed Sept. 10	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	FRENCH FRIES  MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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