

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU December 11 - 21, 2019

DATE	BREAKFAST	LUNCH (Menu C)
MENU DAY 1 Wed Dec. 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESE ENCHILADA with Chili & Cheese OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C Thurs. Dec. 12	The Cafeteria is Closed during Breakfast for an Employee Special Function. We will be open for Lunch.	CHICKEN WRAP BEEF TIPS over Egg Noodles, LF CAPRI BLEND VEGES., FF HARVARD BEETS, LF POTATO CHIPS MASHED POTATOES CHUCKWAGON CORN, FF
MENU DAY 3 Fri. Dec. 13	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BABY ROAST POTATOES COLE SLAW ENGLISH PEAS SPINACH POTATO CHIPS OVEN BROWN POATO, FF
MENU DAY 4 Sat. Dec. 14	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST APPLE FRITTER FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD CREAM CORN BAKED POTATO, FF or with Toppings
MENU DAY 5 Sun. Dec. 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST BLUEBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU with White Cheese Sauce MEATLOAF, LF BROCCOLI NORMANDY, FF BOILED OKRA POTATO SALAD BABY LIMA BEANS, FF RED SKIN POTATOES
MENU DAY 6C Mon. Dec. 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST LINK SAUSAGE DONUT FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK/GRAVY CHICKEN POT PIE with Peas & Carrots BAKED CHICKEN, LF BROCCOLI, FF or w/Cheese Sauce CREAM CORN BISCUIT MASHED POTATOES GREEN BEANS, reg. or FF BAKED POTATO, FF
MENU DAY 7B Tues. Dec. 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST ORANGE/CRANBERRY MUFFINS, fresh baked FRESH FRUIT VARIETY COLD CEREAL	HOT & SPICY CHICKEN WINGS HAMBURGER STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF PINTO BEANS, reg. & FF BROCCOLI NORMANDY ITALIAN GREEN BEANS, FF MEXICAN CORNBREAD
MENU DAY 8 Wed. Dec. 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	BOURBON CHICKEN TENDERS POT ROAST, LF SCALLOPED POTATOES CHUCKWAGON CORN GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE STEWED POTATOES, FF
MENU DAY 9 Thurs. Dec. 19	SAUSAGE/BACON 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 CHOPS GRILLED PORK CHOP, LF ENGLISH PEAS, FF POTATO CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF COLE SLAW
MENU DAY 10 Fri. Dec. 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST APPLE FRITTER WAFFLES FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK/GRAVY PECAN CRUSTED TILAPIA FISH BAKED CATFISH, LF BAKED POTATOES, FF CORN on the COB COLE SLAW CARROTS, FF or Glazed BROCCOLI NORMANDY, FF MASHED POTATOES
MENU DAY 11 Sat. Dec. 21	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST DONUT FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM CUBED STEAK, LF CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF POTATO CHIPS CREAM CORN TURNIP GREENS, FF SPECKLED BUTTER BEANS

LF = LOW or LOWER FAT FF = FAT FREE IRISH & SWEET POTATOES SERVED DAILY AT LUNCH
MENU SUBJECT TO CHANGE WITHOUT NOTICE