

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Dec. 28, 2021 – Jan. 7, 2022

DATE	BREAKFAST	LUNCH <span style="float: right;">(Menu B)</span>
MENU DAY <b>Tues Dec. 28</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 2C <b>Wed. Dec. 29</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL PANCAKES
MENU DAY 3 <b>Thurs. Dec. 30</b>	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 4 <b>Fri. Dec. 31</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 5 <b>Sat. Jan. 1</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 6G <b>Sun. Jan. 2</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	LINK SAUSAGE ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 7A <b>Mon. Jan. 3</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 8 <b>Tues Jan. 4</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL, fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 9 <b>Wed. Jan. 5</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 10 <b>Thurs. Jan. 6</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	WAFFLES CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 11 <b>Fri. Jan. 7</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU January 8 – 18, 2022

DATE	BREAKFAST		LUNCH	(Menu C)
MENU DAY 1 <b>Sat. Jan. 8</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF	RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C <b>Sun. Jan. 9</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF	MASHED POTATOES WHOLE KERNEL CORN, FF
MENU DAY 3 <b>Mon. Jan. 10</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	COLE SLAW POTATO CHIPS ENGLISH PEAS SPINACH BAKED POTATO
MENU DAY 4 <b>Tues. Jan. 11</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked 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
MENU DAY 5 <b>Wed. Jan. 12</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BABY ROAST POTATOES	POTATO CHIPS POTATO SALAD LIMA BEANS, FF BABY CARROTS SWEET POTATO FRIES
MENU DAY 6G <b>Thurs. Jan. 13</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUNS LINK SAUSAGE FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN & DUMPLINGS BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or with Cheese	RICE CORN on COB
MENU DAY 7A <b>Fri. Jan. 14</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	ORANGE CHICKEN CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF	FRIED RICE EGG ROLL BROCCOLI NORMANDY PINTO BEANS
MENU DAY 8 <b>Sat. Jan. 15</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN	GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE
MENU DAY 9 <b>Sun. Jan. 16</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 <b>Mon. Jan. 17</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH WAFFLES FRESH FRUIT VARIETY COLD CEREAL	<b>MARTIN LUTHER KING, JR DAY</b>	
			BBQ RIBS BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY GARLIC BREAD	BAKED BEANS CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 <b>Tues. Jan. 18</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF	POTATO CHIPS TURNIP GREENS, FF CREAM CORN

LF = LOW or LOWER FAT      FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU January 19 -29, 2022

DATE	BREAKFAST	LUNCH (Menu A)
MENU DAY 1 <b>Wed. Jan. 19</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 2C <b>Thurs. Jan. 20</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUN PANCAKES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 3 <b>Fri. Jan. 21</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 4 <b>Sat. Jan. 22</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 5 <b>Sun. Jan. 23</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 6G <b>Mon. Jan. 24</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH LINK SAUSAGE FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 7A <b>Tues. Jan. 25</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 8 <b>Wed. Jan. 26</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 9 <b>Thurs. Jan. 27</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 10 <b>Fri. Jan. 28</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL
MENU DAY 11 <b>Sat. Jan. 29</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUN FRESH FRUIT VARIETY COLD CEREAL

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