

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan 15<sup>th</sup> – Jan 25<sup>th</sup>

DATE	BREAKFAST		LUNCH (Menu A)	
MENU DAY 1 <b>Mon. Jan 15</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHILI BEANS CHICKEN TENDER BAKED CHICKEN, LF RICE, FF or CREAM GRAVY BROCCOLI, LF or w/Cheese	CARROTS, FF or Glazed CREAM CORN
MENU DAY 2C <b>Tue. Jan 16</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL fresh baked PANCAKES FRESH FRUIT VARIETY COLD CEREAL	FRIED RED SNAPPER POT ROAST MAC & CHEESE CAPRI VEGES, FF HARVARD BEETS CREAM OF POTATO SOUP	COLE SLAW HUSHPUPPIES BAKED SEWWT POTATO YELLOW RICE WHOLE KERNEL CORN
MENU DAY 3 <b>Wed. Jan 17</b>	BACON SAUSAGE COUNTRY FRIED STEAK SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARLICKY CHICKEN BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW BABY ROASTED POTATO	COLE SLAW POTATO CHIPS GRILLED YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 <b>Thurs. Jan 18</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 MASHED POTATO BROCCOLI or w/cheese CARROTS	GARLIC BREAD CREAM CORN BAKED POTATO
MENU DAY 5 <b>Fri. Jan 19</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI & CHEESE PIZZA MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	BREAD STICKS BROCCOLI NORMANDY WHITE SWEET CORN BABY CARROTS
MENU DAY 6H <b>Sat. Jan 20</b>	BACON LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or with Cheese CORN on COB	MASHED POTATOES RICE/GRAVY
MENU DAY 7B <b>Sun. Jan 21</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK MASHED POTATOES/GRAVY WHOLE BABY CARROTS ITALIAN GREEN BEANS	YELLOW SQUASH BRUSSEL SPROUTS CHICKEN NOODLE SOUP
MENU DAY 8 <b>Mon. Jan 22</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHICKEN BISCUIT CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	ORANGE CHICKEN POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	EGG ROLLS FRIED RICE CAPRI BLEND VEGGIES GREEN BEANS, FF TOMATO SOUP
MENU DAY 9 <b>Tue. Jan 23</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	MEAT & VEG LASAGNA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF WHITE RICE	GARLIC BREAD STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 <b>Wed. Jan 24</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	MONTE CRISTO SANDWICH OVEN FRIED COD FISH BAKED CATFISH, LF BROCCOLI NORMANDY MASHED POTATO	COLE SLAW CHIPS GREEN BEANS BAKED POTATO CARROTS
MENU DAY 11 <b>Thurs. Jan 25</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, FF CREAM CORN BAKED SWEET POTATO	FRENCH FRIES CAPRI BLEND VEGGIES MASHED POTATO BROCCOLI SOUP

LF = LOW FAT or LOWER FAT      FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan 26<sup>th</sup> – Feb 5<sup>th</sup>

DATE	BREAKFAST		LUNCH	(Menu B)
MENU DAY 1 <b>Fri. Jan 26</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GYRO SANDWICH CHICKEN TENDER BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese CREAM OF POTATO SOUP	CHIPS CARROTS, FF or Glazed CREAM CORN RICE/GRAVY
MENU DAY 2A <b>Sat. Jan 27</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL PANCAKES	BEEF TIP over NOODLES CAPRI VEGGIES MASHED POTATO CHUCKWAGON CORN BAKED SWEET POTATO	HARVARD BEETS CREAM OF BROCCOLI SOUP
MENU DAY 3 <b>Sun. Jan 28</b>	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW BABY ROASTED POTATOES	CHIPS COLESLAW YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 <b>Mon. Jan 29</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN 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	GARLIC BREAD WHOLE KERNEL CORN MASHED POTATO
MENU DAY 5 <b>Tue. Jan 30</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	VARIETY KABOBS MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES CORN on CORN	POTATO SALAD LIMA BEANS, FF BABY CARROTS POTATO SOUP
MENU DAY 6H <b>Wed. Jan 31</b>	LINK SAUSAGE BACON SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN DUMPLINGS COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS RICE/GRAVY	CREAM CORN BAKED POTATOES PEAS & CARROTS
MENU DAY 7B <b>Thur. Feb 1</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked STEAK BISCUIT FRESH FRUIT VARIETY COLD CEREAL	BOURBON SALMON HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH PINTO BEANS	HUSH PUPPIES YELLOW RICE ITALIAN GREEN BEANS BAKED ASPARGUS
MENU DAY 8 <b>Fri. Feb 2</b>	BACON SAUSAGE CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL fresh baked FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH POT ROAST SCALLOPED POTATOES WHOLE KERNEL CORN MASHED POTATO BRUSSEL SPROUTS	CHIPS GREEN BEANS RICE/GRAVY CORN CHOWDER SOUP
MENU DAY 9 <b>Sat. Feb 3</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS f HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOPS RICE PILAF ENGLISH PEAS CARROTS CHICKEN NOODLE SOUP	MASHED POTATO CABBAGE
MENU DAY 10 <b>Sun. Feb 4</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH WAFFLES FRESH FRUIT VARIETY COLD CEREAL	GRILLED CHICKEN SANDWICH OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CHIPS COLESLAW CARROTS, LF or Glazed MASHED POTATOE HUSH PUPPIES
MENU DAY 11 <b>Mon. Feb 5</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBUGERS GARDEN BURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES CORN on COB	FRENCH FRIES BAKED SWEET POTATO MASHED POTATO

LF = LOW or LOWER FAT

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