

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan 28th – Feb 7th

DATE	BREAKFAST		LUNCH	(Menu B)
MENU DAY 1 Sat. Jan 28	BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	RICE, FF CREAM CORN
MENU DAY 2C Sun. Jan 29	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	DANISH PANCAKES FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BEEF TIPS over NOODLES CAPRI BLEND VEGES HARVARD BEETS MASHED POTATO/GRAVY	WHOLE KERNEL CORN
MENU DAY 3 Mon. Jan 30	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS WHITE/WHEAT TOAST	COUNTRY FRIED STEAK BISCUIT BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN TILIPIA BBQ PORK on BUN PORK ROAST BRUNSWICK STEW YELLO SQUASH, FF SPINACH	CHIPS ENGLISH PEAS BABY ROASTED POTATOES BAKED BEANS
MENU DAY 4 Tue. Jan 31	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS 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	GARLIC BREAD BAKED POTATO CORN on COB MASHED POTATO
MENU DAY 5 Wed. Feb 1	BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CORN DOGS MEATLOAF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATOES/GRAVY	ONION RINGS POTATO SALAD WHOLE BABY CARROTS BRUSSEL SPROUTS
MENU DAY 6G Thur. Feb 2	BACON SAUSAGE LINK HoSAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	CHOCOLATE MUFFIN FRESH FRUIT VARIETY COLD CEREAL	CHICKEN DUMPLINGS BAKED CHICKEN PEAS & CARROTS GREEN BEANS RICE/GRAVY	BISCUIT CREAM CORN MASHED POTATO
MENU DAY 7B Fri. Feb 3	BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	GRILLED BACON CHEESE SANDWICH GRILLED CHEESE HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH TOMATO SOUP	CHIPS FRENCH FRIES ITALIAN GREEN BEANS
MENU DAY 8 Sat. Feb 4	BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	CINNAMON ROLL, fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATO CHUCKWAGON CORN MASHED POTATO	GREEN BEANS BRUSSEL SPROUTS
MENU DAY 9 Sun. Feb 5	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF CARROTS, LF ENGLISH PEAS	STEAMED CABBAGE RICE/ GRAVY
MENU DAY 10 Mon. Feb 6	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	BEEF & BROCCOLI STIR FRY OVEN FRIED COD FISH BAKED CATFISH, LF WHITE RICE/GRAVY BAKED POTATO	CHIPS COLESLAW CARROTS, LF or Glazed GREEN BEANS
MENU DAY 11 Tue. Feb 7	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES CREAM OF POTATO SOUP	CHIPS MASHED POTATO BAKED SWEET POTATO CORN on COB

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU FEB 8TH – FEB 18TH

DATE	BREAKFAST		LUNCH	(Menu C)
MENU DAY 1 Wed. Feb 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHILI BEANS OVEN FRIED CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	CREAM CORN MASH POTATOES
MENU DAY 2C Thur Feb 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT PANCAKES VARIETY COLD CEREAL	CHICKEN WRAPS BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF POTATO SOUP	CHIPS MASHED POTATOES WHOLE KERNEL CORN, FF
MENU DAY 3 Fri Feb 10	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI PIZZA, CHEESE PIZZA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	POTATO CHIPS ENGLISH PEAS SPINACH BABY BAKERS
MENU DAY 4 Sat Feb 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL	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 Sun Feb 12	BACON SAUSAGE PANCAKE SAUSAGE BITES SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE CINNAMON MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES CAULIFLOWER FLORET	POTATO SALAD LIMA BEANS, FF BABY CARROTS
MENU DAY 6H Mon Feb 13	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN TENDERS COUNTRY FRIED STEAK BAKED CHICKEN BROCCOLI, FF or with CHEESE SAUCE BROCCOLI SOUP	BISCUIT CORN on COB MASHED POTATO
MENU DAY 7B Tue Feb 14	BACON SAUSAGE STEAK BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE STREUSEL MUFFIN FRESH FRUIT VARIETY COLD CEREAL	ITALIAN BUFFET CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF	CAULIFLOWER FLORET ITALAIN GREEN BEANS
HAPPY VALENTINES DAY				
MENU DAY 8 Wed Feb 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL fresh baked FRESH FRUIT VARIETY COLD CEREAL	TURKEY CLUB SANDWICH POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN SWEET POTATO WAFFLE FRIES	CHIPS GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE MASHED POTATO
MENU DAY 9 Thur Feb 16	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT HOLES HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BOURBON BEEF TIPS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF BRUSSEL SPROUTS	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Fri Feb 17	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE CROISSANT BAKED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CHIPS COLESLAW CARROTS, LF or Glazed RICE/GRAVY HUSH PUPPIES
MENU DAY 11 Sat Feb 18	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CUBED STEAK SPIRAL HAM CAPRI BLEND VEGETABLES ROASTED SWEET POTATO	TURNIP GREENS, FF CREAM CORN MASHED POTATO

LF = LOW or LOWER FAT

FF = FAT FREE

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