

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 29th – Aug 8th

| DATE | BREAKFAST | | LUNCH (Menu B) | |
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| MENU DAY 1 Tue July 29 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL | RIBLET SANDWICH OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy | TATER TOTS CARROTS, GLAZED or LF MASHED POTATO CREAM CORN |
| MENU DAY 2C Wed July 30 | 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 | CHIPS HARVARD BEETS BAKED SWEET POTATO CREAM OF BROCCOLI SOUP |
| MENU DAY 3 Thurs July 31 | BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST | CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL | TORTILLA 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 Fri Aug 1 | 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 Sat Aug 2 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | CHEESE DANISH 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 Sun Aug 3 | BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL | COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese RICE, FF w/ Gravy | CREAM CORN MASHED POTATOES |
| MENU DAY 7B Mon Aug 4 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | APPLE TURNOVERS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL | HOT DOGS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed | FRENCH FRIES ITALIAN GREEN BEANS SAUTEED ONIONS |
| MENU DAY 8 Tue Aug 5 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL | CHICKEN QUESDILLA POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND | MEXICAN RICE BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES |
| MENU DAY 9 Wed Aug 6 | BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST | BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT | LEMON PEPPER SALMON OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES | BABY CARROTS, LF STEAMED CABBAGE |
| MENU DAY 10 Thurs Aug 7 | HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL | HARD OR SOFT SHELLED TACOS OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO | MEXICAN RICE BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES |
| MENU DAY 11 Fri Aug 8 | 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 | CHIPS MASHED POTATOES CORN on COB CREAM OF POTATO SOUP |

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE