

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 4th – July 10th

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2 Sat July 4	BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	HAMBURGERS PORK ROAST, LF BAKED BEANS WHOLE KERNEL CORN CAPRI VEGGIE BLEND MASHED POTATOES	COLE SLAW SPINACH
MENU DAY 1 Sun July 5	BACON CINNAMON ROLLS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, Glazed or LF BROCCOLI, LR or w/cheese MASHED POTATOES CREAM CORN RICE, FF w/gravy	
MENU DAY 3 Mon July 6	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO	GARLIC BREAD CREAM CORN
MENU DAY 4 Tue July 7	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	CHICKEN & CHEESE ENCHILADA OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	MEXICAN RICE
MENU DAY 5 Wed July 8	BACON VARIETY SCONES SAUSAGE fresh baked CHICKEN BISCUIT SCRAMBLED EGGS FRESH FRUIT GRITS/OATMEAL YOGURT BAR WHITE/WHEAT TOAST HASHBROWNS	SPINACH & CHEESE RAVIOLI MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	CORN on COB GARLIC BREAD
MENU DAY 6 Thurs July 9	BACON APPLE TURNOVERS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	TURKEY CLUB SANDWICH OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES	CHIPS GREEN BEANS GARLIC BREAD HUSH PUPPIES
MENU DAY 7 Fri July 10	LINK SAUSAGE CRANORANGE MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB FRENCH FRIES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 11th – July 17th

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat July 11	BACON BLUEBERRY MUFFIN SAUSAGE fresh baked STEAK BISCUIT SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, GLAZED or LF BROCCOLI, LF or w/Cheese MASHED POTATOES RICE, FF w/Gravy CREAM CORN	
MENU DAY 2 Sun July 12	BACON VARIETY SCONES SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF ROASTED POTATOES BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW SPINACH ENGLISH PEAS
MENU DAY 3 Mon July 13	BACON BLUEBERRY MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO	GARLIC BREAD CREAM CORN
MENU DAY 4 Tue July 14	BACON CINNAMON ROLLS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	SALMON PATTIES OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	 RICE PILAF
MENU DAY 5 Wed July 15	BACON APPLE TURNOVERS SAUSAGE fresh baked CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL HASHBROWNS WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL YOGURT BAR	GARLIC CHICKEN MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	 CORN on COB
MENU DAY 6 Thurs July 16	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	FRENCH DIP SANDWICH OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES BROCCOLI NORMANDY GRILLED YELLOW SQUASH	CHIPS GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri July 17	LINK SAUSAGE BLUEBERRY MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	 MASHED POTATOES CORN on COB

LF = LOW or LOWER FAT

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STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 18th – July 24th

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2 Sat July 18	BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST BRUNSWICK STEW BABY ROASTED POTATOES GRILLED YELLOW SQUASH, reg & FF ENGLISH PEAS	CHIPS COLESLAW SPINACH
MENU DAY 1 Sun July 19	BACON CINNAMON ROLLS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, Glazed or LF BROCCOLI, LR or w/cheese MASHED POTATOES CREAM CORN RICE, FF w/gravy	
MENU DAY 3 Mon July 20	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO	GARLIC BREAD CREAM CORN
MENU DAY 4 Tue July 21	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BEEF OR CHICKEN TACO OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	MEXICAN RICE
MENU DAY 5 Wed July 22	BACON VARIETY SCONES SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL YOGURT BAR WHITE/WHEAT TOAST FRESH FRUIT HASHBROWNS	BREADED CHICKEN SANDWICH MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	CORN on COB TATER TOTS
MENU DAY 6 Thurs July 23	BACON APPLE TURNOVERS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BEEF QUESADILLA OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES	MEXICAN RICE GREEN BEANS GARLIC BREAD HUSH PUPPIES
MENU DAY 7 Fri July 24	LINK SAUSAGE CRANORANGE MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO MEXICAN CORNBREAD	MASHED POTATOES CORN on COB PINTO BEANS CAPRI VEGGIE BLEND

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