

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 7th – July 17th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Mon July 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CHIPS CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Tue July 8	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE 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 Wed July 9	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED 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 Thurs July 10	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 Fri July 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI & CHEESE PIZZA MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Sat July 12	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 Sun July 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Mon July 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	CHIPS BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Tue July 15	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	BEEF RAVIOLI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	GARLIC BREAD BABY CARROTS, LF STEAMED CABBAGE
MENU DAY 10 Wed July 16	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	NACHO BAR OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Thurs July 17	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 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

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 19th – July 29th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Sat July 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Sun July 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HAM & CHEESE CROISSANT 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 Mon July 21	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED 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 Tue July 22	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 Wed July 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Thurs July 24	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	GYRO SANDWICH COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese RICE, FF w/ Gravy	CHIPS CREAM CORN MASHED POTATOES
MENU DAY 7B Fri July 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	RED BEANS & RICE with SAUSAGE HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Sat July 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sun July 27	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	OVEN FRIED CHICKEN TENDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE
MENU DAY 10 Mon July 28	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	MESQUITE TURKEY SANDWICH OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	CHIPS BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Tue July 29	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 BAKED SWEET POTATO CAPRI VEGGIES	CHIPS MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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