

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 9th – July 19th

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 Tue. July 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GRILLED SMOKED SAUSAGE OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, FF or Glazed	MASHED POTATO CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2A Wed. July 10	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MACARONI & CHEESE CAPRI BLEND VEGETABLES WHOLE KERNEL CORN	CHIPS MASHED POTATOES HARVARD BEETS
MENU DAY 3 Thur. July 11	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	TORTILLA TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH, reg. & FF BABY ROASTED POTATOES	CHIPS COLE SLAW ENGLISH PEAS SPINACH
MENU DAY 4 Fri. July 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CREAM CORN CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD MASHED POTATO BAKED POTATO
MENU DAY 5 Sat. July 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA	CHIPS LIMA BEANS, FF BABY CARROTS MASHED POTATO
MENU DAY 6H Sun. July 14	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN WHITE RICE GREEN BEANS BROCCOLI, LF or w/Cheese	CREAM CORN BAKED POTATO
MENU DAY 7B Mon. July 15	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	BEEF OR CHICKEN PHILLY SANDWICH HAMBURGER STEAK MASHED POTATOES/GRAVY GRILLED YELLOW SQUASH PINTO BEANS	RICE SAUTEED ONIONS ITALIAN GREEN BEANS MEXICAN CORNBREAD
MENU DAY 8 Tue. July 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESE QUESADILLA POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GREEN BEANS MASHED POTATO MEXICAN RICE
MENU DAY 9 Wed. July 17	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	RIBLET SANDWICH OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS	CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATO
MENU DAY 10 Thur. July 18	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN TENDERS OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	COLESLAW CARROTS, LF or Glazed MASHED POTATOES
MENU DAY 11 Fri. July 19	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 CAPRI BLEND VEGETABLES BRUSSEL SPROUTS	BAKED SWEET POTATO MASHED POTATO

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 20th – July 30th

DATE	BREAKFAST	LUNCH	(Menu C)	
MENU DAY 1 Sat. July 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	WHITE RICE CREAM CORN CREAM OF BROCCOLI SOUP
MENU DAY 2C Sun July 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT PANCAKES VARIETY COLD CEREAL	POT ROAST MAC & CHEESE CAPRI VEGGIE BLEND MASHED POTATO HARVARD BEETS	CORN on COB
MENU DAY 3 Mon. July 22	BACON SAUSAGE SCRM EGG w/ CHEESE SCRAMBLED EGGS GRITS/OATMEAL	CINNAMON ROLLS fresh baked VARIETY COLD CEREAL FRESH FRUIT WHITE/WHEAT TOAST	BOURBON SALMON BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH	CHIPS COLE SLAW BABY ROASTED POTATO SPINACH ENGLISH PEAS
MENU DAY 4 Tue. July 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS 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 MASHED POTATO CREAM CORN
MENU DAY 5 Wed. July 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES	CHIPS LIMA BEANS, FF MASHED POTATO
MENU DAY 6H Thur. July 25	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	DANISH FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	COUNRTY FRIED STEAK BAKED CHICKEN RICE/GRAVY GREEN BEANS BROCCOLI, LF or W/CHEESE	PEAS & CARROTS CREAM CORN BAKED POTATO
MENU DAY 7B Fri. July 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WINGS HAMBURGER STEAK MASHED POTATO / GRAVY ITALIAN GREEN BEANS GRILLED YELLOW SQUASH w/Onions, FF	OKRA & TOMATO PINTO BEANS
MENU DAY 8 Sat. July 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	ITALIAN COLD SUB SANDWICH POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN GREEN BEANS	CHIPS CARPI VEGGIE BLEND MASHED POTATO GRILLED ZUCCHINI
MENU DAY 9 Sun. July 28	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BOURBON BEEF TIPS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS BLACK EYED PEAS
MENU DAY 10 Mon. July 29	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFFLES FRESH FRUIT VARETY COLD CEREAL	MEAT & VEGETABLE LASAGNA OVEN FRIED COD BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	GARLIC BREAD CARROTS, LF or Glazed RICE/GRAVY HUSH PUPPIES
MENU DAY 11 Tue. July 30	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 CAPRI BLEND VEGETABLES TURNIP GREENS MASHED POTATO/GRAVY	CHIPS TATER TOTS CORN on COB BAKED SWEET POTATO GRILLED ZUCCHINI

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FF = FAT FREE

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