

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 13<sup>th</sup> – June 19<sup>th</sup>

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1  Sat June 13	BACON SAUSAGE STEAK BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFIN fresh baked  FRESH FRUIT	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 June 14	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	VARIETY SCONES fresh baked  FRESH FRUIT	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 June 15	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFINS fresh baked  FRESH FRUIT YOGURT BAR	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 June 16	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CINNAMON ROLLS fresh baked  FRENCH TOAST FRESH FRUIT YOGURT BAR	STUFFED PEPPERS over MEXICAN RICE OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES  RICE PILAF
MENU DAY 5  Wed June 17	BACON SAUSAGE CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL YOGURT BAR	APPLE TURNOVERS fresh baked  HASHBROWNS FRESH FRUIT	CHICKEN CORDON BLEU MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed  CORN on COB
MENU DAY 6  Thurs June 18	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked  WAFFLES FRESH FRUIT YOGURT BAR	MEAT & VEGETABLE LASAGNA OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES  GARLIC BREAD HUSH PUPPIES
MENU DAY 7  Fri June 19	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFINS fresh baked  FRESH FRUIT YOGURT BAR	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES CREAM OF POTATO SOUP  CHIPS  MASHED POTATOES CORN on COB

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 20<sup>th</sup> – June 26<sup>th</sup>

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2  Sat June 20	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	APPLE TURNOVERS fresh baked  FRESH FRUIT	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW ROASTED POTATOES GRILLED YELLOW SQUASH, reg. & F ENGLISH PEAS
MENU DAY 1  Sun June 21	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	CINNAMON ROLLS fresh baked  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 June 22	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked  FRESH FRUIT YOGURT BAR	CHICKEN FILLET SANDWICH SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO
MENU DAY 4  Tue June 23	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFINS fresh baked  FRENCH TOAST FRESH FRUIT YOGURT BAR	BEEF OR CHICKEN TACOS OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES
MENU DAY 5  Wed June 24	BACON SAUSAGE CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST HASHBROWNS	VARIETY SCONES fresh baked  FRESH FRUIT YOGURT BAR	REUBEN SANDWICH MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed
MENU DAY 6  Thurs June 25	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	APPLE TURNOVERS fresh baked  WAFFLES FRESH FRUIT YOGURT BAR	COUNTRY FRIED STEAK OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES
MENU DAY 7  Fri June 26	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked  FRESH FRUIT YOGURT BAR	BBQ RIBS HAMBURGER STEAKS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES MEXICAN CORNBREAD

LF = LOW or LOWER FAT

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