STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 15th – June 25th

| DATE | BREA | AKFAST | LUNCH | (Menu B) |
|--|--|--|--|--|
| MENU DAY 1 Sun June 15 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL | OVEN FRIED CHICKEN TENDER BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy | RS CARROTS, GLAZED or LF MASHED POTATO CREAM CORN |
| MENU DAY 2C Mon June 16 | HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | CHOCOLATE SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES | BACON/SAUSAGE SCRAMBLED EGGS GRITS/CHEESE/BUTTER OATMEAL GRAVY/BISCUIT/TOAST | BAGEL BITES FRENCH TOAST STICKS SEASONED POTATOES BREAKFAST BURRITOS |
| MENU DAY 3 Tue June 17 | BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST | CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL | TORTILLA 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 Wed June 18 | 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 Sau | GARLIC BREAD CREAM CORN MASHED POTATO ace BAKED POTATO |
| MENU DAY 5 Thurs June 19 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | APPLE TURNOVER fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL | BOURBON SALMON MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO | BABY CARROTS BROCCOLI NORMANDY CORN on COB |
| MENU DAY 6H Fri June 20 | BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL | CUBAN SANDWICH COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese RICE, FF w/ Gravy | CHIPS CREAM CORN MASHED POTATOES |
| MENU DAY 7 B Sat June 21 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | BANANA NUT MUFFINS COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL | BREADED CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed | ITALIAN GREEN BEANS SAUTEED ONIONS |
| MENU DAY 8 Sun June 22 | BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL | OVEN FRIED CHICKEN TENDER POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND | RS BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES |
| MENU DAY 9 Mon June 23 | BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST | BROWN SUGAR SCONES fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT | SHRIMP FRIED RICE OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES | VEGETABLE EGG ROLLS BABY CARROTS, LF STEAMED CABBAGE VEGETABLE DUMPLING |
| MENU DAY 10 Tue June 24 | HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST | APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL | SANDWICH BAR OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO | BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES |
| MENU DAY 11 Wed | LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS | BLUEBERRY MUFFINS fresh baked | GARDEN BURGERS BAKED HAM I TURNIP GREENS | CHIPS MASHED POTATOES CORN on COB |
| June 25 | GRITS/OATMEAL WHITE/WHEAT TOAST OW or LOWER FAT | FRESH FRUIT VARIETY COLD CEREAL | BAKED SWEET POTATO CAPRI VEGGIES TO CHANGE WITHOUT NO | CREAM OF POTATO SOUP |

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 26th – July 6th

| DATE | BREA | AKFAST | LUNCH | (Menu B) |
|------------------------|---------------------------------|------------------------------------|--|---------------------------------------|
| MENU | BACON | BLUEBERRY MUFFINS | | _ |
| MENU DAY 1 | SAUSAGE SCRAMBLED EGGS | fresh baked | OVEN FRIED CHICKEN TENDER BAKED CHICKEN, LF | CARROTS, GLAZED or LF |
| | GRITS/OATMEAL | FRESH FRUIT | BROCCOLI, LF or w/Cheese | MASHED POTATO |
| Thurs June 26 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | RICE, FF w/Gravy | CREAM CORN |
| | HAM & BACON | CHOCOLATE SCONES | CHICKEN WRAPS | CHIPS |
| MENU DAY 2C | SAUSAGE | fresh baked | BEEF TIPS over NOODLES | |
| DAT 2C | SCRAMBLED EGGS GRITS/OATMEAL | FRESH FRUIT VARIETY COLD CEREAL | MASHED POTAOTES CAPRI BLEND VEGETABLES | HARVARD BEETS BAKED SWEET POTATOES |
| Fri Inne 27 | WHITE/WHEAT TOAST | PANCAKES | WHITE SWEET CORN | CREAM OF POTATO SOUP |
| June 27 | BACON | VARIETY DANISH | TORTILLA CRUSTED TILAPIA | CHIPS |
| MENU | SAUSAGE | | BBQ PORK on BUN | COLE SLAW |
| DAY 3 | SCRM. EGGS w/CHEESE | | PORK ROAST, LF | ROASTED POTATOES |
| Sat | GRITS/OATMEAL | FRESH FRUIT | BRUNSWICK STEW | SPINACH |
| June 28 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | YELLOW SQUASH, reg. & FF | ENGLISH PEAS |
| MENU | HAM & BACON SAUSAGE | BLUEBERRY MUFFINS | SPAGHETTI over NOODLES POT ROAST, LF | GARLIC BREAD |
| DAY 4 | SCRAMBLED EGGS | | CARROTS, FF or Glazed | CREAM CORN |
| C | GRITS/OATMEAL | FRESH FRUIT | BROCCOLI, FF or with Cheese Sau | |
| Sun June 29 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | BAKED POTATOES | |
| MENU | BACON | APPLE TURNOVER | CHICKEN FILLET SANDWICH | FRENCH FRIES |
| DAY 5 | SAUSAGE SCRAMBLED EGGS | fresh baked HASH BROWN POTATOES | MEATLOAF LIMA BEANS | BABY CARROTS |
| | GRITS/OATMEAL | FRESH FRUIT | RED SKIN POTOATOES | BROCCOLI NORMANDY |
| Mon June 30 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | MASHED POTATO | CORN on COB |
| | BACON | BLUEBERRY MUFFINS | MEAT & VEGETABLE LASGNA | GARLIC BREAD |
| MENU | LINK SAUSAGE | fresh baked | COUNTRY FRIED STEAK | |
| DAY 6H | SAUSAGE | | BAKED CHICKEN | |
| Tue | SCRAMBLED EGGS GRITS/OATMEAL | FRESH FRUIT | GREEN BEANS BROCCOLI, LF or w/Cheese | CREAM CORN MASHED POTATOES |
| July 1 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | RICE, FF w/ Gravy | MASHED TOTATOES |
| | BACON | CRANORANGE MUFFINS | OVEN FRIED PORK CHOPS | |
| MENU DAY 7 B | SAUSAGE | fresh baked | HAMBURGER STEAK | RICE PILAF |
| DAT /D | SCRAMBLED EGGS GRITS/OATMEAL | COUNTRY FRIED STEAK FRESH FRUIT | MASHED POTATOES/GRAVY YELLOW SQUASH | CABBAGE ITALIAN GREEN BEANS |
| Wed | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | BABY CARROTS LF, or Glazed | SAUTEED ONIONS |
| July 2 | BACON | CINNAMON ROLLS | TURKEY CLUB SANDWICH | CHIPS |
| MENU | SAUSAGE | fresh baked | POT ROAST | |
| DAY 8 | SCRAMBLED EGGS | | SCALLOPED POTATOES | BRUSSEL SPROUTS |
| Thurs | GRITS/OATMEAL | FRESH FRUIT | CORN on COB | GREEN BEANS |
| July 3 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | CAPRI VEGGIE BLEND | MASHED POTATOES |
| MENU | BACON SAUSAGE | BROWN SUGAR SCONES fresh baked | HOT DOGS HAMBURGERS | TATER TOTS |
| DAY 9 | SAUSAGE SCRM. EGGS w/Cheese | VARIETY COLD CEREAL | BAKED BEANS | GREEN BEANS |
| F : | GRITS/OATMEAL | HASHBROWNS | MASHED POTATOES | CREAM CORN |
| Fri July 4 | WHITE/WHEAT TOAST | FRESH FRUIT | ENGLISH PEAS | STIR FRY VEGGIES |
| MENU | HAM & BACON | BANANA NUT MUFFINS | COUNTRY FRIED STEAK | |
| DAY 10 | SAUSAGE SCRAMBLED EGGS | WAFFELS | OVEN FRIED COD BAKED CATFISH | BAKED POTATO |
| | GRITS/OATMEAL | FRESH FRUIT | BROCCOLI NORMANDY | CARROTS, glazed or LF |
| Sat July 5 | WHITE/WHEAT TOAST | VARIETY COLD CEREAL | MASHED POTATO | HUSH PUPPIES |
| | LINK SAUSAGE | BLUEBERRY MUFFINS | HAMBURGER STEAK | |
| MENU DAY 11 | BACON | | | MASHED POTATOES |
| | SAUSAGE SCRAMBLED EGGS | | | CORN on COB CREAM OF POTATO SOUP |
| Sun | GRITS/OATMEAL | FRESH FRUIT | CAPRI VEGGIES | ALAWI OF FUTATO SOUP |
| July 6 | | | | |