

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 2nd – June 12th

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 Tue June 2	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PIZZA SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, FF or Glazed	CHIPS MASHED POTATO CREAM CORN
MENU DAY 2C Wed June 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN STIR FRY VEGGIES	CHIPS MASHED POTATOES HARVARD BEETS BAKED SWEET POTATOES
MENU DAY 3 Thurs June 4	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/ CHEESE GRITS/CHEESE WHITE/WHEAT TOAST	VARIETY SCONES fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ENGLISH PEAS SPINACH BABY ROASTED POTATO
MENU DAY 4 Fri June 5	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS 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	CREAM CORN MASHED POTATO GARLIC BREAD
MENU DAY 5 Sat June 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA LIMA BEANS	BABY CARROTS MASHED POTATO
MENU DAY 6H Sun June 7	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese MASHED POTATOES	CREAM CORN BAKED POTATO
MENU DAY 7B Mon June 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	SWEET N SOUR CHICKEN HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH WHITE RICE	FRIED RICE SAUTEED ONIONS ITALIAN GREEN BEANS EGG ROLLS
MENU DAY 8 Tue June 9	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	MEXICAN RICE GREEN BEANS MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Wed June 10	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	CAVATINI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS CARROTS, LF	CAESAR SALAD STEAMED CABBAGE MASHED POTATO GARLIC BREAD
MENU DAY 10 Thurs June 11	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 FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CHIPS CARROTS, LF or Glazed MASHED POTATOES
MENU DAY 11 Fri June 12	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 CREAM CORN	BAKED SWEET POTATO MASHED POTATO FRENCH FRIES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 13th – June 23rd

DATE	BREAKFAST	LUNCH (Menu B)
MENU DAY 1 Sat June 13	BACON VARIETY MUFFINS SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese MASHED POTATO RICE, FF w/Gravy CREAM CORN CARROTS, FF or Glazed
MENU DAY 2C Sun June 14	HAM & BACON BLUEBERRY MUFFINS SAUSAGE SCRAMBLED EGGS FRESH FRUIT GRITS/OATMEAL VARIETY COLD CEREAL WHITE/WHEAT TOAST PANCAKES	COUNTRY FRIED STEAK BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES MASHED POTATOES WHOLE KERNEL CORN HARVARD BEETS STIR FRY VEGGIES BAKED SWEET POTATOES
MENU DAY 3 Mon June 15	BACON VARIETY SCONES SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/ CHEESE COUNTRY FRIED STEAK GRITS/CHEESE FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH CHIPS BBQ PORK on BUN COLE SLAW PORK ROAST, LF ENGLISH PEAS BRUNSWICK STEW SPINACH YELLOW SQUASH, reg. & FF BABY ROASTED POTATO
MENU DAY 4 Tue June 16	HAM & BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CREAM CORN CARROTS, FF or Glazed MASHED POTATO BROCCOLI, FF or with Cheese Sauce GARLIC BREAD
MENU DAY 5 Wed June 17	BACON CRANORANGE MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS HASH BROWN POTATOES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	CHICKEN CORDON BLEU MEATLOAF BROCCOLI NORMANDY, FF RED SKIN POTATOES BABY CARROTS WHOLE OKRA MASHED POTATO LIMA BEANS
MENU DAY 6A Thurs June 18	BACON BLUEBERRY MUFFINS LINK SAUSAGE fresh baked SAUSAGE SCRAMBLED EGGS FRENCH TOAST STICKS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	STUFFED PEPPERS OVEN ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS CREAM CORN BROCCOLI, LF or w/Cheese BAKED POTATO MASHED POTATOES YEAST ROLLS
MENU DAY 7B Fri June 19	BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS COUNTRY FRIED STEAK GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	REUBEN SANDWICH CHIPS HAMBURGER STEAK MASHED POTATOES/GRAVY SAUTEED ONIONS BUTTERED YELLOW SQUASH ITALIAN GREEN BEANS WHITE RICE STIR FRY VEGGIES
MENU DAY 8 Sat June 20	BACON CINNAMON ROLLS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES GREEN BEANS CORN on COB MASHED POTATO CAPRI VEGGIE BLEND BRUSSEL SPROUTS
MENU DAY 9 Sun June 21	BACON BLUEBERRY MUFFINS SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL HASHBROWNS WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF STEAMED CABBAGE ENGLISH PEAS MASHED POTATO CARROTS, LF
MENU DAY 10 Mon June 21	HAM & BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS WAFFELS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	MEAT AND VEGETABLE LASAGNA OVEN FRIED COD FISH BAKED CATFISH, LF CARROTS, LF or Glazed BAKED POTATOES MASHED POTATOES BROCCOLI NORMANDY GARLIC BREAD
MENU DAY 11 Tue June 23	LINK SAUSAGE BLUEBERRY MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI BLEND VEGETABLES MASHED POTATO CREAM CORN FRENCH FRIES

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