

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 20th – June 26th

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 RICE, FF w/gravy	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, Glazed or LF BROCCOLI, LR or w/cheese MASHED POTATOES CREAM CORN
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

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 27th – July 3rd

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat June 27	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 28	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 29	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 30	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CINNAMON ROLLS fresh baked FRENCH TOAST FRESH FRUIT YOGURT BAR	BOURBON BAKED SALMON OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES RICE PILAF
MENU DAY 5 Wed July 1	BACON SAUSAGE CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL YOGURT BAR	APPLE TURNOVERS fresh baked HASHBROWNS FRESH FRUIT	HAM & CHEESE SLIDERS MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed CHIPS CORN on COB
MENU DAY 6 Thurs July 2	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked WAFFLES FRESH FRUIT YOGURT BAR	OVEN ROASTED TURKEY CORNBREAD DRESSING OVEN FRIED COD BAKED CATFISH MASHED POTATOES BROCCOLI, FF or w/Cheese Sauce CREAM CORN GREEN BEANS HUSH PUPPIES YEAST ROLLS
MENU DAY 7 Fri July 3	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFINS fresh baked FRESH FRUIT YOGURT BAR	CHICKEN QUESADILLA HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES MASHED POTATOES CORN on COB MEXICAN RICE

LF = LOW or LOWER FAT

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STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 4th – July 10th

DATE	BREAKFAST	LUNCH	Menu 2	
MENU DAY 2 Sat July 4	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	APPLE TURNOVERS fresh baked FRESH FRUIT	HAMBURGERS PORK ROAST, LF BAKED BEANS WHOLE KERNEL CORN CAPRI VEGGIE BLEND MASHED POTATOES	COLE SLAW SPINACH
MENU DAY 1 Sun July 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	CINNAMON ROLLS fresh baked	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 July 6	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE 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 July 7	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFINS fresh baked FRENCH TOAST FRESH FRUIT YOGURT BAR	CHICKEN & CHEESE ENCHILADA OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	MEXICAN RICE
MENU DAY 5 Wed July 8	BACON SAUSAGE CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST HASHBROWNS	VARIETY SCONES fresh baked FRESH FRUIT YOGURT BAR	SPINACH & CHEESE RAVIOLI MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	CORN on COB GARLIC BREAD
MENU DAY 6 Thurs July 9	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	APPLE TURNOVERS fresh baked WAFFLES FRESH FRUIT YOGURT BAR	TURKEY CLUB SANDWICH OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES	CHIPS GREEN BEANS GARLIC BREAD HUSH PUPPIES
MENU DAY 7 Fri July 10	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked FRESH FRUIT YOGURT BAR	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB FRENCH FRIES

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