

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 20<sup>th</sup> - June 30<sup>th</sup>

DATE	BREAKFAST		LUNCH	(Menu C)
MENU DAY 1  <b>Tue June 20</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANBERRY ORANGE MUFFINS  FRESH FRUIT VARIETY COLD CEREAL	PIZZA BURGER SLIDERS OVEN FRIED CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	CHIPS   CREAM CORN MASH POTATOES BLACK EYES PEAS
MENU DAY 2C  <b>Wed. June 21</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APLLE TURNOVER fresh baked FRESH FRUIT PANCAKES VARIETY COLD CEREAL	NACHO BAR BEEF TIPS over NOODLES CAPRI BLEND VEGES., FF HARVARD BEETS, LF	MASHED POTATOES WHOLE KERNEL CORN, FF BAKED SWEET POTATO
MENU DAY 3  <b>Thru. June 22</b>	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	TORTILLA TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH, reg. & FF BABY ROASTED POTATOES	POTATO CHIPS   ENGLISH PEAS SPINACH
MENU DAY 4  <b>Fri. June 23</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	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   CREAM CORN BAKED POTATO, FF
MENU DAY 5  <b>Sat. June 24</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT HOLES  HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES	POTATO SALAD LIMA BEANS, FF TOMATO & OKRA
MENU DAY 6C  <b>Sun. June 25</b>	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH   FRESH FRUIT VARIETY COLD CEREAL	CHICKEN POT PIE BAKE CHICKEN MASHED POTATO GREEN BEANS PEAS & CARROTS	CORN on COB BAKED POTATO CREAM of POTATO SOUP
MENU DAY 7B  <b>Mon. June 26</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked  FRESH FRUIT VARIETY COLD CEREAL	GRILLED PORK in PITA SANDWICH HAMBURGER STEAK MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF GREAT NORTHERN BEANS	CHIPS   ITALIAN GREEN BEANS ZUCCHINI & TOMATO
MENU DAY 8  <b>Tue. June 27</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL fresh baked FRESH FRUIT VARIETY COLD CEREAL	TAILGATE PIZZA POT ROAST, LF GREEN BEANS ,reg. or FF SCALLOPED POTATOES WHOLE KERNEL CORN	BREADSTICKS   MASHED POTATO CAPRI BLEND VEGETABLE BRUSSEL SPROUTS
MENU DAY 9  <b>Wed. June 28</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFIN fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	SHRIMP ALFREDO PASTA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF WHOLE KERNEL CORN	GARLIC BREAD STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10  <b>Thur. June 29</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	GRILLED CHICKEN SANDWICH BAKED COD FISH SANDWICH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CHIPS COLESLAW CARROTS, LF or Glazed RICE/GRAVY
MENU DAY 11  <b>Fri. June 30</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked  FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF MASHED POTATO/GRAVY	CHIPS   TURNIP GREENS, FF CREAM CORN FRENCH FRIES

LF = LOW or LOWER FAT

FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**