

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU June 24 – July 4, 2021

DATE	BREAKFAST	LUNCH	(Menu C)
MENU DAY 1 Thurs. Jun 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C Fri. Jun 25	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	CHICKEN WRAP BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF POTATO CHIPS MASHED POTATOES CHUCKWAGON CORN, FF
MENU DAY 3 Sat Jun 26	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF COLE SLAW ENGLISH PEAS SPINACH POTATO CHIPS
MENU DAY 4 Sun. Jun 27	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD CREAM CORN BAKED POTATO, FF or with Toppings
MENU DAY 5 Mon. Jun 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN, fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF, LF BROCCOLI NORMANDY, FF BOILED OKRA POTATO SALAD BABY LIMA BEANS, FF RED SKIN POTATOES
MENU DAY 6A Tues. Jun 29	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked LINK SAUSAGE FRESH FRUIT VARIETY COLD CEREAL	ROAST TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or with Cheese MASHED POTATO CORN on COB
MENU DAY 7A Wed. Jun 30	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF BROCCOLI NORMANDY SPECKLED BUTTER BEANS
MENU DAY 8 Thurs. Jul 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES CHUCKWAGON CORN GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE
MENU DAY 9 Fri. Jul 2	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	PIZZA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Sat. Jul 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE FRITTER WAFFLES FRESH FRUIT VARIETY COLD CEREAL	STEAK SANDWICH OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY POTATO CHIPS CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 Sun. Jul 4	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	INDEPENDENCE DAY BBQ PORK RIBS HAMBURGERS MASHED POTATOES WHOLE KERNEL CORN BAKED BEANS GARLIC BREAD CAPRI BLEND VEGETABLES GREEN BEANS COLE SLAW POTATO CHIPS

LF = LOW or LOWER FAT FF = FAT FREE

MENU SUBJECT TO CHANGE WITHOUT NOTICE