

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Mar 28th – Apr 7th

DATE	BREAKFAST	LUNCH (Menu A)
MENU DAY 1 Sat Mar 28	BACON VARIETY MUFFINS SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, FF or Glazed RICE, FF or CREAM GRAVY CREAM CORN BROCCOLI, LF or w/Cheese MASHED POTATOES
MENU DAY 2C Sun Mar 29	HAM & BACON BLUEBEERY MUFFINS SAUSAGE SCRAMBLED EGGS PANCAKES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	HAM & CHEESE CROISSANT CHIPS BEEF TIPS over NOODLES CAPRI VEGGIES, FF WHOLE KERNEL CORN HARVARD BEETS MASHED POTATO BAKED SWEET POTATOES
MENU DAY 3 Mon Mar 30	BACON CRANORANGE MUFFINS SAUSAGE fresh baked SCRM. EGGS w/Cheese GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	PECAN CRUSTED TILIPIA COLESLAW BBQ PORK on BUN POTATO CHIPS PORK ROAST, LF GRILLED YELLOW SQUASH BRUNSWICK STEW ENGLISH PEAS BABY ROASTED POTATO SPINACH
MENU DAY 4 Tue Mar 31	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 MASHED POTATO CREAM CORN CARROTS BAKED POTATO BROCCOLI, LF or w/ Cheese GARLIC BREAD
MENU DAY 5 Wed Apr 1	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS HASH BROWN POTATO GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	GRILLED SMOKED SAUSAGE w/ GREEN PEPPER & ONION MEATLOAF, LF LIMA BEANS, FF CORN on COB RED SKIN POTATOES BABY CARROTS MASHED POTATO BROCCOLI NORMANDY
MENU DAY 6G Thurs Apr 2	BACON VARIETY SCONES LINK SAUSAGE fresh baked SAUSAGE SCRAMBLED EGGS FRENCH TOAST STICKS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	STUFFED GREEN PEPPERS OVEN ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS MASHED POTATOES BROCCOLI, LF or with Cheese MEXICAN RICE CREAM CORN YEAST ROLLS
MENU DAY 7A Fri Apr 3	BACON CRANORANGE MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	WHITE BEAN CHILI COUNTRY FRIED STEAK HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH STIR FRY VEGGIES ITALIAN GREEN BEANS WHITE RICE
MENU DAY 8 Sat Apr 4	BACON CINNAMON ROLLS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS POT ROAST, LF SCALLOPED POTATOES CAPRI BLEND VEGGIES WHOLE KERNEL CORN, FF GREEN BEANS, FF MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Sun Apr 5	BACON BLUEBERRY MUFFIN SAUSAGE SCRM. EGGS w/Cheese HASHBROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	BAKED HAM OVEN FRIED PORK CHOP STEAMED CABBAGE GRILLED PORK CHOP, LF CARROTS, LF ENGLISH PEAS, FF MASHED POTATOES, LF RICE PILAF
MENU DAY 10 Mon Apr 6	HAM & BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	BEEF OR CHICKEN TACOS OVEN FRIED COD FISH MEXICAN RICE BAKED CATFISH, LF GREEN BEANS BROCCOLI, LF or w/Cheese BAKED POTATO WHITE RICE CARROTS
MENU DAY 11 Tue Apr 7	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, FF CAPRI BLEND VEGGIES CREAM CORN MASHED POTATO BAKED SWEET POTATO FRENCH FRIES

LF = LOW FAT or LOWER FAT FF = FAT FREE

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Apr 8th – Apr 18

DATE	BREAKFAST	LUNCH	(Menu A)	
MENU DAY 1 Wed Apr 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF RICE, FF or CREAM GRAVY BROCCOLI, LF or w/Cheese	CARROTS, FF or Glazed CREAM CORN MASHED POTATO
MENU DAY 2C Thurs Apr 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked PANCAKES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN WRAPS BEEF TIPS over NOODLES CAPRI VEGGIES, FF HARVARD BEETS BAKED SWEET POTATOES	CHIPS WHOLE KERNEL CORN MASHED POTATO
MENU DAY 3 Fri Apr 10	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILIPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW BABY ROASTED POTATO	COLESLAW POTATO CHIPS YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 Sat Apr 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF MASHED POTATO CARROTS BROCCOLI, LF or w/ Cheese	CREAM CORN BAKED POTATO GARLIC BREAD
MENU DAY 5 Sun Apr 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	CORN on COB BABY CARROTS BROCCOLI NORMANDY
MENU DAY 6H Mon Apr 13	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	CHILI CHEESE BEEF TAMALES COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or with Cheese CREAM CORN	MASHED POTATO GARLIC BREAD
MENU DAY 7A Tue Apr 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARLIC CHICKEN HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH ITALIAN GREEN BEANS	WHITE RICE STIR FRY VEGGIES CREAM OF POTATO SOUP
MENU DAY 8 Wed Apr 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SOUTHWESTERN QUESADILLA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	MEXICAN RICE CAPRI BLEND VEGGIES GREEN BEANS, FF BRUSSEL SPROUTS
MENU DAY 9 Thurs Apr 16	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	FRENCH DIP SANDWICH OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Fri Apr 17	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	MEAT & VEGETABLE LASAGNA OVEN FRIED COD FISH BAKED CATFISH, LF BROCCOLI NORMANDY CARROTS	CAESAR SALAD MASHED POTATO BAKED POTATO GARLIC BREAD
MENU DAY 11 Sat Apr 18	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM TURNIP GREENS, FF CREAM CORN BAKED SWEET POTATO	CAPRI BLEND VEGGIES MASHED POTATO

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STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Apr 19th – Apr 29th

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 Sun Apr 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, FF or Glazed	MASHED POTATO CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2C Mon Apr 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES 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 Tue Apr 21	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	TORTILLA 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 Wed Apr 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER 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	BAKED POTATO CREAM CORN MASHED POTATO GARLIC BREAD
MENU DAY 5 Thurs Apr 23	BACON SAUSAGE FRIED BOLOGNA SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MONTEREY CHICKEN MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA	POTATO SALAD LIMA BEANS, FF BABY CARROTS MASHED POTATO
MENU DAY 6A Fri Apr 24	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED GREEN PEPPERS OVEN ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese BAKED POTATO	YEAST ROLLS MASHED POTATO CREAM CORN MEXICAN RICE
MENU DAY 7B Sat Apr 25	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH	RICE SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Sun Apr 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WING POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GREEN BEANS MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Mon Apr 27	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BEEF RAVIOLI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS CARROTS, LF	STEAMED CABBAGE MASHED POTATO GARLIC BREAD
MENU DAY 10 Tue Apr 28	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	HARD & SOFT SHELLED TACO OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	COLESLAW CARROTS, LF or Glazed MASHED POTATOES MEXICAN RICE
MENU DAY 11 Wed Apr 29	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

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