

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Mar 6th – Mar 16th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Fri Mar 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HOT DOGS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce CREAM OF BROCCOLI SOUP	CHIPS CREAM CORN CARROTS MASHED POTATOES
MENU DAY 2C Sat Mar 7	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HAM & CHEESE CROISSANTS BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Sun Mar 8	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Mon Mar 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Tue Mar 10	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN QUESADILLA MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	MEXICAN RICE BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6G Wed Mar 11	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	CHICKEN & DUMPLINGS COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese	BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Thurs Mar 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	CAJUN TURKEY SANDWICH HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS CREAM OF BROCCOLI SOUP	CHIPS YELLOW SQUASH STIR FRY VEGGIES
MENU DAY 8 Fri Mar 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI OR CHEESE PIZZA POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS
MENU DAY 9 Sat Mar 14	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	VARIET MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE RICE PILAF
MENU DAY 10 Sun Mar 15	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNRTY FRIED STEAK OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	HUSH PUPPIES BAKED POTATO CARROTS, glazed or LF
MENU DAY 11 Mon Mar 16	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGER BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	FRENCH FRIES MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Mar 17TH – Mar 27th

DATE	BREAKFAST	LUNCH	(Menu B)
MENU DAY 1 Tue Mar 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CORN BEEF OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce BLACK EYED PEAS CABBAGE CREAM CORN CARROTS MASHED POTATOES
MENU DAY 2C Wed Mar 18	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 NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Thurs Mar 19	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Fri Mar 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Sat Mar 21	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Sun Mar 22	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Mon Mar 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS CREAM OF BROCCOLI SOUP PINTO BEANS YELLOW SQUASH STIR FRY VEGGIES MEXICAN CORNBREAD
MENU DAY 8 Tue Mar 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	LEMON PEPPER SALMON POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND BRUSSEL SPROUTS GREEN BEANS YELLOW RICE
MENU DAY 9 Wed Mar 25	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	BOURBON BEEF TIPS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES BABY CARROTS, LF STEAMED CABBAGE WHITE RICE
MENU DAY 10 Thurs Mar 26	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	NACHO BAR OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Fri Mar 27	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGER BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES CHIPS MASHED POTATOES CORN on COB CREAM OF POTATO SOUP FRENCH FRIES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

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