

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

DATE	BREAKFAST	LUNCH	(Menu B)	
MENU DAY 1 Sat. Mar 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2A Sun Mar 9	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN CORDON BLEU BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN	HAVARD BEETS BAKED SWEET POTATO CREAM OF POTATO SOUP
MENU DAY 3 Mon Mar 10	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS 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 Tue Mar 11	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS 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	GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Wed Mar 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	SWEET & SOUR CHICKEN MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	EGG ROLLS FRIED RICE BROCCOLI NORMANDY CORN on COB BABY CARROTS
MENU DAY 6H Thurs Mar 13	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	CAJUN TURKEY SANDWICH COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese WHITE RICE	CHIPS CREAM CORN MASHED POTATOES GREAT NORTHERN BEANS
MENU DAY 7B Fri Mar 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	CHEESE QUESADILLA HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	BLACK BEANS MEXICAN RICE ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Sat Mar 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WINGS POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sun Mar 16	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN TENDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS RICE PILAF	BABY CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 Mon Mar 17	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	SHEPERDS PIE CORN BEEF PORK ROAST RED SKIN POTATOES MASHED POTATOES	STEAMED CABBAGE CREAM CORN CARROTS, LF or Glazed BROCCOLI SOUP
MENU DAY 11 Tue Mar 18	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 BAKED SWEET POTATO CAPRI VEGGIES	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 March 19th – March 29th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Wed Mar 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SLOPPY JOES OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	FRENCH FRIES CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2A Thurs Mar 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN	CHIPS HAVARD BEETS BAKED SWEET POTATO CREAM OF POTATO SOUP
MENU DAY 3 Fri Mar 21	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS 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 Sat Mar 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFIN fresh baked 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 MASHED POTATO BAKED POTATO
MENU DAY 5 Sun Mar 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	FISH SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	CHIPS BROCCOLI NORMANDY CORN on COB BABY CARROTS
MENU DAY 6H Mon Mar 24	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	BRATWURST HOT DOG COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese WHITE RICE	TATER TOTS CREAM CORN MASHED POTATOES
MENU DAY 7B Tue Mar 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	MEXICAN CORNBREAD PINTO BEANS ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Wed Mar 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BOURBON SALMON POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	 BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Thurs Mar 27	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN OR BEEF EMPANADAS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MEXICAN RICE	MEXICAN STREET CORN BABY CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 Fri Mar 28	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	MEAT OR VEGETABLE LASAGNA OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	GARLIC BREAD BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Sat Mar 29	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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