

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 13th – May 23rd

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Tue May 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHILI 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 Wed May 14	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	EMPLOYEE CHICKEN QUE CAFETERIA CLOSED	
MENU DAY 3 Thurs May 15	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 Fri May 16	EMPLOYEE BREAKFAST CAFETERIA CLOSED		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 May 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Sun May 18	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDERS COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese WHITE RICE	CREAM CORN MASHED POTATOES
MENU DAY 7B Mon May 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS MEXICAN CORNBREAD HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	PINTO BEANS ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Tue May 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GARLIC CHICKEN POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	CAESAR SALAD BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Wed May 21	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	SPINACH CHEESE RAVIOLI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	GARLIC BREAD BABY CARROTS, LF STEAMED CABBAGE
MENU DAY 10 Thurs May 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	MEATBALL SUBS OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	CHIPS BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Fri May 23	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONE fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM GARDEN BURGERS TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	FRENCH FRIES CORN on COB CREAM OF POTATO SOUP MASHED POTATOES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 24th – June 3rd

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Sat May 24	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, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2A Sun May 25	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFIN FRESH FRUIT VARIETY COLD CEREAL PANCAKES	HAM & CHEESE CROISSANT 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 Mon May 26	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 May 27	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS 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 Wed May 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	FRENCH FRIES BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6A Thur May 29	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED PEPPERS ROASTED TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese BAKED POTATOES	YEAST ROLLS CREAM CORN MASHED POTATOES MEXICAN RICE
MENU DAY 7B Fri May 30	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	TURKEY CLUB SANDWICH HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	CHIPS ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Sat May 31	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sun June 1	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	COUNRTY FRIED STEAK OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE
MENU DAY 10 Mon June 2	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	HARD OR SOFT SHELL TACOS OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Tue June 3	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	TATER TOTS MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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