

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 18<sup>th</sup> – May 28<sup>th</sup>

DATE	BREAKFAST	LUNCH	(Menu C)
MENU DAY 1 <b>Thur. May 18</b>	BACON DANISH SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	HARD SHELL & SOFT SHELL TACOS OVEN FRIED CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	CREAM CORN MASH POTATOES MEXICAN RICE
MENU DAY 2C <b>Fri. May 19</b>	HAM & BACON CHOCOLATE MUFFIN SAUSAGE SCRAMBLED EGGS FRESH FRUIT GRITS/OATMEAL PANCAKES WHITE/WHEAT TOAST VARIETY COLD CEREAL	CAJUN CHICKEN CLUB SANDWICH BEEF TIPS over NOODLES CAPRI BLEND VEGES., FF HARVARD BEETS, LF	MASHED POTATOES WHOLE KERNEL CORN, FF FRENCH FRIES
MENU DAY 3 <b>Sat. May 20</b>	BACON RED LINKS SAUSAGE BLUEBERRY MUFFINS SCRAMBLED EGGS fresh baked SCRM. EGGS w/Cheese GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH, reg. & FF	POTATO CHIPS ENGLISH PEAS SPINACH
MENU DAY 4 <b>Sun. May 21</b>	HAM & BACON SAUSAGE APPLE CINNAMON SCRAMBLED EGGS muffin GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST 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
MENU DAY 5 <b>Mon. May 22</b>	BACON DONUT HOLES SAUSAGE SCRAMBLED EGGS HASH BROWN POTATOES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	SWEET N SOUR PORK MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES	EGG ROLLS POTATO SALAD LIMA BEANS, FF TOMATO & OKRA
MENU DAY 6H <b>Tue. May 23</b>	BACON LINK SAUSAGE BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	STUFFED BELL PEPPERS ROASTED TURKEY CORNBREAD DRESSING CREAM CORN GREEN BEAN WHOLE BABY CARROTS	MEXI RICE MASHED POTATO/GRAVY YEAST ROLLS
MENU DAY 7B <b>Wed. May 24</b>	BACON CHEESE DANISH SAUSAGE BREAKFAST PIZZA SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	BREADED CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF BAKED ASPARAGUS	ITALIAN GREEN BEANS FIELD PEAS & SNAPS
MENU DAY 8 <b>Thur. May 25</b>	BACON CINNAMON ROLL SAUSAGE fresh baked SCRAMBLED EGGS FRESH FRUIT GRITS/OATMEAL VARIETY COLD CEREAL WHITE/WHEAT TOAST	HOT DOGS POT ROAST, LF GREEN BEANS ,reg. or FF SCALLOPED POTATOES WHOLE KERNEL CORN MASHED POTATO/GRAVY	CAPRI BLEND VEGETABLE BRUSSEL SPROUTS
MENU DAY 9 <b>Fri. May 26</b>	BACON CHOCOLATE MUFFINS SAUSAGE SCRM. EGGS w/Cheese HASHBROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	MEAT LASAGNA VEGETABLE LASAGNA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF	GARLIC BREAD STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 <b>Sat. May 27</b>	HAM & BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CARROTS, LF or Glazed RICE/GRAVY COLE SLAW
MENU DAY 11 <b>Sun. May 28</b>	LINK SAUSAGE PANCAKE SAUSAGE BITES BACON SAUSAGE APPLE CINNAMON SCRAMBLED EGGS muffins GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	CUBED STEAKS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF MASHED POTATO/GRAVY	TURNIP GREENS, FF CREAM CORN

LF = LOW or LOWER FAT

FF = FAT FREE

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU May 29- June 8, 2023

DATE	BREAKFAST		LUNCH (Menu A)	
MENU DAY 1  <b>Mon. May 29</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS HOT DOGS BAKED CHICKEN, LF RICE, FF or CREAM GRAVY CREAM CORN	CHIPS BAKED BEANS CARROTS, FF or Glazed GREENBEANS BROCCOLI SOUP
MENU DAY 2C  <b>Tue. May 30</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY CINNA STICK  PANCAKES FRESH FRUIT VARIETY COLD CEREAL	BREAKFAST ALL DAY HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	
MENU DAY 3  <b>Wed. May 31</b>	BACON SAUSAGE BAGEL BITES SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER 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 GRILLED YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4  <b>Thur. June 1</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	ORANGE/CRANBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI with MEATSAUCE POT ROAST, LF MASHED POTATOES BROCCOLI, LF or w/ Cheese	GARLIC BREAD CREAM CORN CARROTS, LF BAKED POTATO
MENU DAY 5  <b>Fri. June 2</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFIN  HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	FRIED CHICKEN DRUMSTICK MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	SWEET CORN on COB BABY CARROTS MAC N CHEESE
MENU DAY 6H  <b>Sat. June 3</b>	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH  FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or with Cheese CORN on COB	MASHED POTATOES RICE
MENU DAY 7A  <b>Sun. June 4</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	MUFFINS  FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK MASHED POTATOES/GRAVY GRILLED YELLOW SQUASH ITALIAN GREEN BEANS	BRUSSEL SPROUTS CHICKEN NOODLE SOUP
MENU DAY 8  <b>Mon. June 5</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	CHEESE QUESADILLA PIZZA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	BREADSTICK  CAPRI BLEND VEGGIES GREEN BEANS, FF
MENU DAY 9  <b>Tue. June 6</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BEEF RANCH WRAP OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10  <b>Wed. June 7</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU OVEN FRIED FLOUNDER BAKED CATFISH, LF BROCCOLI, LF or w/Cheese MASHED POTATOES	HUSHPUPIES COLE SLAW GREEN BEANS BAKED POTATO CARROTS
MENU DAY 11  <b>Thur. June 8</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOC MUFFINS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAKS BAKED HAM TURNIP GREENS, FF CREAM CORN TATER TOTS	CAPRI BLEND VEGGIES MASHED POTATO

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