

# 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 SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH   FRESH FRUIT 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 SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFIN  FRESH FRUIT PANCAKES 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 SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	RED LINKS BLUEBERRY MUFFINS fresh baked  FRESH FRUIT 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 SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE CINNAMON muffin 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 BAKED POTATO, FF	
MENU DAY 5  <b>Mon. May 22</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT HOLES  HASH BROWN POTATOES FRESH FRUIT 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 SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked  FRESH FRUIT 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 SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH BREAKFAST PIZZA  FRESH FRUIT 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 SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL fresh baked FRESH FRUIT VARIETY COLD CEREAL	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 SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS  HASHBROWNS FRESH FRUIT 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 SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFLES FRESH FRUIT 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 BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	PANCAKE SAUSAGE BITES  APPLE CINNAMON muffins FRESH FRUIT 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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