

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Nov. 18th – Nov. 28th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Mon. Nov. 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	RIBLET SANDWICH OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CHIPS CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2A Tue. Nov. 19	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN QUESADILLA POT ROAST MAC & CHEESE CAPRI BLEND VEGETABLES WHITE SWEET CORN	MASHED POTATOES MEXICAN RICE BAKED SWEET POTATO HARVARD BEETS
MENU DAY 3 Wed. Nov. 20	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW SPINACH ENGLISH PEAS BABY ROASTED POTATOES
MENU DAY 4 Thur. Nov. 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS 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 Fri. Nov. 22	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF RED SKIN POTATOES WHOLE OKRA	TATER TOTS POTATO SALAD LIMA BEANS, FF BABY CARROTS MASHED POTATO
MENU DAY 6H Sat. Nov. 23	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese MASHED POTATOES	CREAM CORN BAKED POTATO
MENU DAY 7B Sun. Nov. 24	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	RICE SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Mon. Nov. 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GREEN BEANS MASHED POTATOES
MENU DAY 9 Tue. Nov. 26	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	WHITE CHICKEN CHILI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS CREAM CORN	CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 Wed. Nov. 27	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH OVEN FRIED COD FISH BAKED CATFISH, LF MASHED POTATOES BROCCOLI NORMANDY	COLE SLAW CHIPS CARROTS, LF or Glazed BAKED POTATO HUSH PUPPIES
MENU DAY 11 Thur. Nov. 28	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SPIRAL HAM ROASTED TURKEY CORNBREAD DRESSING ROASTED SWEET POTATO BROCCOLI, FF or with Cheese sauce	YEAST ROLLS WHOLE GREEN BEANS CREAM CORN MASHED POTATOES

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Nov. 29th – Dec 9th

DATE	BREAKFAST	LUNCH	(Menu C)
MENU DAY 1 Fri. Nov. 29	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese WHITE RICE CREAM CORN CREAM OF BROCCOLI SOUP
MENU DAY 2C Sat. Nov. 30	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	HAM & CHEESE on CROISSANT BEEF TIPS over noodles CAPRI VEGGIE BLEND MASHED POTATO HARVARD BEETS CHIPS CORN on COB BAKED SWEET POTATO POTATO SOUP
MENU DAY 3 Sun. Dec. 1	BACON SAUSAGE SCRM EGG w/ CHEESE SCRAMBLED EGGS GRITS/OATMEAL	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL FRESH FRUIT WHITE/WHEAT TOAST	TORTILLA TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH CHIPS COLE SLAW BABY ROASTED POTATO SPINACH ENGLISH PEAS
MENU DAY 4 Mon. Dec. 2	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD BAKED POTATO MASHED POTATO CREAM CORN
MENU DAY 5 Tue. Dec. 3	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	VEGETABLE & MEAT LASANGA MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES GARLIC BREAD LIMA BEANS MASHED POTATO CREAM OF POTATO SOUP
MENU DAY 6H Wed. Dec. 4	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	APPLE TURNOVER fresh baked FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	FRENCH DIP SANDWICH COUNTRY FRIED STEAL BAKED CHICKEN BROCCOLI, LF or W/CHEESE MASHED POTATO CHIPS CREAM CORN GREEN BEANS TOMATO SOUP
MENU DAY 7B Thur. Dec. 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WINGS HAMBURGER STEAK MASHED POTATO / GRAVY ITALIAN GREEN BEANS YELLOW SQUASH MEXICAN CORNBREAD TOMATO & OKRA PINTO BEANS SAUTEED ONIONS
MENU DAY 8 Fri. Dec. 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI PIZZA CHEESE PIZZA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN GREEN BEANS CHEESE BREAD STICKS CARPI VEGGIE BLEND MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Sat. Dec. 7	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF MASHED POTATOES STEAMED CABBAGE CARROTS BLACK EYED PEAS
MENU DAY 10 Sun. Dec. 8	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS WAFFLES FRESH FRUIT VARETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED COD BAKED CATFISH, LF MEXICAN RICE BROCCOLI NORMANDY COLE SLAW HUSH PUPPIES CARROTS, LF or Glazed BAKED POTATO
MENU DAY 11 Mon. Dec. 9	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGER BAKED HAM CAPRI BLEND VEGETABLES TURNIP GREENS MASHED POTATO/GRAVY FRENCH FRIES CORN on COB BAKED SWEET POTATO

LF = LOW or LOWER FAT

FF = FAT FREE

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