

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 BABY ROASTED POTATOES CHIPS COLE SLAW SPINACH ENGLISH PEAS
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