

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Oct. 14th – Oct. 24th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Tue Oct 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHILI OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy	CREAM CORN CARROTS, GLAZED or LF MASHED POTATO
MENU DAY 2C Wed Oct 15	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAP BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Thurs Oct 16	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	TORTILLA 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 Oct 17	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES 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 Sat Oct 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDERS MEATLOAF LIMA BEANS RED SKIN POTATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Sun Oct 19	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese WHITE RICE	CREAM CORN MASHED POTATOES
MENU DAY 7B Mon Oct 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN PARM over NOODLES HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	GARLIC BREAD SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Tue Oct 21	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BEEF OR CHICKEN TACOS POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	MEXICAN RICE BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Wed Oct 22	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	BOURBON BEEF TIPS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE RICE PILAF
MENU DAY 10 Thurs Oct 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	MEATBALL SUB OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	CHIPS BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Fri Oct 24	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK 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

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE