

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU **Sept. 11th – Sept. 21st**

DATE	BREAKFAST		LUNCH	(Menu B)
MENU DAY 1 Thurs Sept. 11	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	CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2C Fri Sept. 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN TOMATO FLORENTINE SOUP	CHIPS HARVARD BEETS BAKED SWEET POTATO
MENU DAY 3 Sat Sept. 13	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFIN FRESH FRUIT VARIETY COLD CEREAL	PECAN 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 Sun Sept. 14	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	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 Mon Sept. 15	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WINGS MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6C Tue Sept. 16	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BEEF TACOS COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese RICE, FF w/ Gravy	CREAM CORN MASHED POTATOES MEXICAN RICE
MENU DAY 7B Wed Sept. 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked COUNTRY FRIED STEAK FRESH FRUIT VARIETY COLD CEREAL	CHICKEN ALFRDO HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed	GARLIC BREAD SAUTEED ONIONS ITALIAN GREEN BEANS
MENU DAY 8 Thurs Sept. 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CUBAN SANDWICH POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	CHIPS BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Fri Sept. 19	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHIKEN QUESADILLA OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BLACK BEANS BABY CARROTS, LF STEAMED CABBAGE MEXICAN RICE
MENU DAY 10 Sat Sept. 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Sun Sept. 21	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE