

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Sept 19th – Sept 25th

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat Sept 19	BACON BLUEBERRY MUFFIN SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, GLAZED or LF BROCCOLI, LF or w/Cheese MASHED POTATOES RICE, FF w/Gravy CREAM CORN	
MENU DAY 2 Sun Sept 20	BACON VARIETY SCONES SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF ROASTED POTATOES BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW SPINACH ENGLISH PEAS
MENU DAY 3 Mon Sept 21	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce CREAM CORN	GARLIC BREAD BAKED POTATO
MENU DAY 4 Tue Sept 22	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE HASH BROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	TUNA NOODLE CASSEROLE OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	RICE PILAF
MENU DAY 5 Wed Sept 23	BACON APPLE TURNOVERS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRENCH TOAST STICKS YOGURT BAR WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL	TEX-MEX QUESADILLA MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES BOILED OKRA	CORN on COB MEXICAN RICE
MENU DAY 6 Thurs Sept 24	BACON CINNAMON ROLLS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	MEATBALL SANDWICH OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES BROCCOLI NORMANDY CARROTS, FF or Glazed	CHIPS CREAM CORN GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri Sept 25	LINK SAUSAGE BLUEBERRY MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS BKFT EGG ROLL GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Sept 26th – Oct 2nd

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2 Sat Sept 26	BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS GRITS OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST BRUNSWICK STEW BABY ROASTED POTATOES GRILLED YELLOW SQUASH, reg & FF ENGLISH PEAS	CHIPS COLESLAW SPINACH
MENU DAY 1 Sun Sept 27	BACON CINNAMON ROLLS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, Glazed or LF BROCCOLI, LR or w/cheese MASHED POTATOES CREAM CORN RICE, FF w/gravy	
MENU DAY 3 Mon Sept 28	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO	GARLIC BREAD CREAM CORN
MENU DAY 4 Tue Sept 29	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS SCRM.. EGGS w/CHEESE HASH BROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	SLOPPY JOE SANDWICH OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	CHIPS RICE PILAF
MENU DAY 5 Wed Sept 30	BACON VARIETY SCONES SAUSAGE LINK SAUSAGE fresh baked SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL YOGURT BAR WHITE/WHEAT TOAST FRESH FRUIT	CRAB ALFREDO MEATLOAF LIMA BEANS RED SKIN POTATOES BOILED OKRA MASHED POTATOES	CAESAR SALAD CORN on COB BREAD STICKS
MENU DAY 6 Thurs Oct 1	BACON CINNAMON ROLLS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	ORANGE CHICKEN over RICE OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES	GREEN BEANS HUSH PUPPIES EGG ROLLS
MENU DAY 7 Fri Oct 2	BACON CRANORNGE MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BLT WRAPS HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIE BLEND	CHIPS MASHED POTATOES CORN on COB PINTO BEANS MEXICAN CORNBREAD

LF = LOW or LOWER FAT

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