

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU

September 20 - 30, 2021

DATE	BREAKFAST		LUNCH	(Menu B)
MENU DAY 1 Mon. Sept. 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN RICE/CREAM GRAVY BROCCOLI FLORETS, LF or w/Cheese Sauce	CARROTS, LF or Glazed CREAM CORN
MENU DAY 2C Tues. Sept. 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over EGG NOODLES CAPRI BLEND VEGETABLES WHOLE KERNEL CORN HARVARD BEETS MASHED POTATOES	POTATO CHIPS
MENU DAY 3 Wed. Sept. 22	BACON SAUSAGE GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH SCRM. EGGS w/CHEESE FRESH FRUIT VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BAKED POTATO	COLE SLAW ENGLISH PEAS SPINACH POTATO CHIPS
MENU DAY 4 Thurs. Sept. 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS 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 CREAM CORN BAKED POTATO
MENU DAY 5 Fri. Sept. 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF BROCCOLI NORMANDY. BABY ROAST POTATOES	POTATO CHIPS POTATO SALAD LIMA BEANS BABY CARROTS
MENU DAY 6 Sat. Sept. 25	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	LINK SAUSAGE DANISH FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS	STIR FRY VEGETABLES CREAM CORN MASHED POTATOES
MENU DAY 7A Sun. Sept. 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK MASHED POTATOES/GRAVY BUTTERED YELLOW SQUASH	FIELD PEAS & SNAPS ITALIAN GREEN BEANS
MENU DAY 8 Mon. Sept. 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL, fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES WHOLE KERNEL CORN	GREEN BEANS BRUSSEL SPROUTS
MENU DAY 9 Tues. Sept. 28	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	HONEY BUN HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF RICE PILAF ENGLISH PEAS	STEAMED CABBAGE CARROTS, LF
MENU DAY 10 Wed. Sept. 29	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	WAFFLES DONUT FRESH FRUIT VARIETY COLD CEREAL	FRENCH DIP SANDWICH PECAN CRUSTED TILAPIA FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	POTATO CHIPS CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 Thurs. Sept. 30	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM TURNIP GREENS CAPRI BLEND VEGETABLES	POTATO CHIPS BAKED SWEET POTATO

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU October 1 - 11, 2021

DATE	BREAKFAST	LUNCH	(Menu C)
MENU DAY 1 <b>Fri. Oct. 1</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HOT DOGS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF POTATO CHIPS RICE, FF CREAM CORN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese
MENU DAY 2C <b>Sat. Oct. 2</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUTS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	BEEF TIPS over Noodles CAPRI BLEND VEGES., FF HARVARD BEETS, LF MASHED POTATOES WHOLE KERNEL CORN, FF
MENU DAY 3 <b>Sun. Oct. 3</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF COLE SLAW POTATO CHIPS ENGLISH PEAS SPINACH BAKED POTATO
MENU DAY 4 <b>Mon. Oct. 4</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH 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 CREAM CORN BAKED POTATO, FF or with Toppings
MENU DAY 5 <b>Tues. Oct. 5</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BABY ROAST POTATOES POTATO CHIPS POTATO SALAD LIMA BEANS, FF BABY CARROTS
MENU DAY 6G <b>Wed. Oct. 6</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT LINK SAUSAGE FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN & DUMPLINGS BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or with Cheese RICE CORN on COB
MENU DAY 7A <b>Thurs. Oct. 7</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF BROCCOLI NORMANDY PINTO BEANS
MENU DAY 8 <b>Fri. Oct. 8</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	PIZZA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE
MENU DAY 9 <b>Sat. Oct. 9</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 <b>Sun. Oct. 10</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH WAFFLES FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED COD FISH BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY CARROTS, LF or Glazed BUTTERED NOODLES COLE SLAW
MENU DAY 11 <b>Mon. Oct. 11</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN fresh baked FRESH FRUIT VARIETY COLD CEREAL	ITALIAN MEATBALL SLIDERS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF POTATO CHIPS TURNIP GREENS, FF CREAM CORN FRIED OKRA

LF = LOW or LOWER FAT

FF = FAT FREE

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