

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Sept. 24th – Oct. 4th

DATE	BREAKFAST	LUNCH	(Menu C)	
MENU DAY 1 Tue. Sept. 24	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HOT DOGS CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	CHIPS WHITE RICE CREAM CORN CREAM OF BROCCOLI SOUP
MENU DAY 2C Wed. Sept. 25	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT PANCAKES VARIETY COLD CEREAL	CHIKEN WRAPS BEEF TIPS over noodles CAPRI VEGGIE BLEND MASHED POTATO HARVARD BEETS	CHIPS CORN on COB BAKED SWEET POTATO CREAM OF POTATO SOUP
MENU DAY 3 Thur. Sept. 26	BACON SAUSAGE SCRM EGG w/ CHEESE SCRAMBLED EGGS GRITS/OATMEAL	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL FRESH FRUIT WHITE/WHEAT TOAST	TORTILLA TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH	CHIPS COLE SLAW BABY ROASTED POTATO SPINACH ENGLISH PEAS
MENU DAY 4 Fri. Sept. 27	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked 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 BAKED POTATO MASHED POTATO CREAM CORN
MENU DAY 5 Sat. Sept. 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDER MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES	 LIMA BEANS, FF MASHED POTATO
MENU DAY 6G Sun. Sept. 29	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	BLUEBERRY MUFFINS FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	COUNTY FRIED STEAK BAKED CHICKEN RICE/GRAVY BROCCOLI, LF or W/CHEESE MASHED POTATO	 CREAM CORN GREEN BEANS
MENU DAY 7B Mon. Sept. 30	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS HAMBURGER STEAK MASHED POTATO / GRAVY ITALIAN GREEN BEANS YELLOW SQUASH	MEXICAN CORNBREAD TOMATO & OKRA PINTO BEANS SAUTEED ONIONS
MENU DAY 8 Tue. Oct. 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SHRIMP FRIED RICE POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN GREEN BEANS	EGG ROLLS CARPI VEGGIE BLEND MASHED POTATO BRUSSEL SPROUTS
MENU DAY 9 Wed. Oct. 2	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	GARLICKY CHICKEN OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	 STEAMED CABBAGE CARROTS BLACK EYED PEAS
MENU DAY 10 Thur. Oct. 3	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFLES FRESH FRUIT VARETY COLD CEREAL	SANDWICH & SOUP BAR OVEN FRIED COD BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	 CARROTS, LF or Glazed RICE/GRAVY HUSH PUPPIES
MENU DAY 11 Fri. Oct. 4	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGER BAKED HAM CAPRI BLEND VEGETABLES TURNIP GREENS MASHED POTATO/GRAVY	FRENCH FRIES CORN on COB BAKED SWEET POTATO

LF = LOW or LOWER FAT

FF = FAT FREE

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Oct. 5th – Oct. 15th

DATE	BREAKFAST	LUNCH	(Menu A)	
MENU DAY 1 Sat. Oct. 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDER BAKED CHICKEN, LF RICE, FF or CREAM GRAVY BROCCOLI, LF or w/Cheese	CARROTS, FF or Glazed CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2C Sun. Oct. 6	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS PANCAKES FRESH FRUIT VARIETY COLD CEREAL	POT ROAST MAC & CHEESE HARVARD BEETS CAPRI VEGES, FF WHOLE KERNEL CORN	GREEN BEANS MASHED POTATO BAKED SWEET POTATO
MENU DAY 3 Mon. Oct. 7	BACON SAUSAGE COUNTRY FRIED STEAK SCRM. EGGS w/Cheese GRITS/OATMEAL	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL WHITE/WHEAT TOAST FRESH FRUIT	BAKED SALMON BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW BABY ROASTED POTATO	COLE SLAW POTATO CHIPS GRILLED YELLOW SQUASH ENGLISH PEAS SPINACH
MENU DAY 4 Tue. Oct. 8	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF MASHED POTATO BROCCOLI or w/cheese	GARLIC BREAD CARROTS CREAM CORN BAKED POTATO
MENU DAY 5 Wed. Oct. 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASH BROWN POTATO FRESH FRUIT VARIETY COLD CEREAL	CHICKEN PHILLY MEATLOAF, LF LIMA BEANS, FF RED SKIN POTATOES MASHED POTATO	TATER TOTS BROCCOLI NORMANDY WHITE SWEET CORN BABY CARROTS
MENU DAY 6H Thur. Oct. 10	BACON LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFIN FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	CHILI BEANS COUNTRY FRIED STEAK BAKED CHICKEN CORN on COB BROCCOLI, LF or with Cheese	BISCUITS MASHED POTATO GREEN BEANS BAKED POTATO
MENU DAY 7B Fri. Oct. 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TORTELLINI ALFREDO HAMBURGER STEAK MASHED POTATOES/GRAVY SLICED CARROTS, FF GRILLED YELLOW SQUASH	CAESAR SALAD CHEESE BREAD STICK BRUSSEL SPROUTS ITALIAN GREEN BEANS
MENU DAY 8 Sat. Oct. 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN, FF MASHED POTATO	CAPRI BLEND VEGGIES GREEN BEANS, FF
MENU DAY 9 Sun. Oct. 13	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Mon. Oct. 14	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	HARD & SOFT SHELL TACOS OVEN FRIED COD FISH BAKED CATFISH, LF BROCCOLI NORMANDY MASHED POTATO	COLE SLAW HUSH PUPPIES BAKED POTATO CARROTS
MENU DAY 11 Tue. Oct. 15	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	CRANORANGE MUFFINS fresh baked WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO	MASHED POTATO CREAM CORN BABY CARROTS BROCCOLI SOUP

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