

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Sept. 29th – Oct 9th

DATE	BREAKFAST		LUNCH	(Menu C)
MENU DAY 1 Thurs. Sept. 29	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	RED HOT LINKS BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESE MANICOTTI OVEN FRIED CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	GARLIC BREAD CREAM CORN MASH POTATOES
MENU DAY 2C Fri. Sept. 30	HAM & BACON SAUSAGE EGG CHEESE OMLETTE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFIN FRESH FRUIT PANCAKES VARIETY COLD CEREAL	HAM & CHEESE CROISSANT BEEF TIPS over NOODLES CAPRI BLEND VEGES., FF HARVARD BEETS, LF	CHIPS MASHED POTATOES WHOLE KERNEL CORN, FF
MENU DAY 3 Sat. Oct. 1	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CHEESE DANISH FRESH FRUIT VARIETY COLD CEREAL	BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF BABY BAKER POTATOES	POTATO CHIPS ENGLISH PEAS SPINACH
MENU DAY 4 Sun. Oct. 2	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BANANA NUT MUFFIN FRESH FRUIT VARIETY COLD CEREAL	SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce	GARLIC BREAD CREAM CORN BAKED POTATO, FF
MENU DAY 5 Mon. Oct. 3	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN (fresh baked) HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF, LF BROCCOLI NORMANDY, FF BABY ROAST POTATOES BROCCOLI SOUP	CHIPS POTATO SALAD LIMA BEANS, FF BABY CARROTS
MENU DAY 6C Tue. Oct. 4	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ BAKED CHICKEN CHICKEN TENDERS MASHED POTATOES GREEN BEANS BROCCOLI, LF or with Cheese	CREAM CORN YEAST ROLLS
MENU DAY 7B Wed. Oct. 5	BACON SAUSAGE STEAK BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DONUT HOLES FRESH FRUIT VARIETY COLD CEREAL	ORANGE CHICKEN CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF	EGG ROLLS ITALIAN GREEN BEANS FRIED RICE
MENU DAY 8 Thurs. Oct. 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLL (fresh baked) FRESH FRUIT VARIETY COLD CEREAL	MEAT LASANGA VEGETABLE LASANGA POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN POTATO SOUP	GARLIC BREAD GREEN BEANS ,reg. or FF CAPRI BLEND VEGETABLE BRUSSEL SPROUTS
MENU DAY 9 Fri. Oct. 7	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	REUBEN SANDWICH OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF	CHIPS STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Sat. Oct. 8	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	DANISH WAFFLES FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAKS BAKED CATFISH, LF BAKED POTATOES BROCCOLI NORMANDY	CARROTS, LF or Glazed MASHED POTATO/GRAVY COLE SLAW
MENU DAY 11 Sun. Oct. 9	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	CUBED STEAKS BAKED HAM CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF	TURNIP GREENS, FF CREAM CORN RICE/GRAVY

LF = LOW or LOWER FAT

FF = FAT FREE

MENU SUBJECT TO CHANGE WITHOUT NOTICE