STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Dec 19th – Dec 29th

DATE	BREA	AKFAST	LUNCH	(Menu B)
MENU DAY 1 Fri	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	APPLE TURNOVERS fresh baked FRESH FRUIT	HAM & CHEESE SLIDER OVEN FRIED CHICKEN TENDEI BAKED CHICKEN BROCCOLI, If, w/ Cheese Sauce	CHIPS RS CREAM CORN CARROTS
MENU DAY 2C	WHITE/WHEAT TOAST HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	VARIETY COLD CEREAL BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	MASHED POTATOES BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN	WHITE RICE BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Sun Dec 21	WHITE/WHEAT TOAST BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	PANCAKES CHOCOLATE MUFFINS 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 Mon Dec 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sau	GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Tue Dec 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	GRILLED SAUSAGE MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6G Wed Dec 24	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	CRANORNAGE MUFFINS fresh baked FRENCH TOAST STICK FRESH FRUIT	CHICKEN & DUMPLINGS COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese	BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Thurs	WHITE/WHEAT TOAST BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	SPIRAL HAM OVEN ROASTED TURKEY CORNBREAD DRESSING WHOLE GREEN BEANS BROCCOLI, If w/Cheese Sauce	YEAST ROLLS MASHED POTATO CREAM CORN SEASONED YAMS
MENU DAY 8 Fri Dec 26	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sat Dec 27	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE YELLOW RICE
MENU DAY 10 Sun Dec 28	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY 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 Mon Dec 29	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	TURNIP GREENS	MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Dec 30th – Jan 9th

DATE	BREA	AKFAST	LUNCH	(Menu B)
MENITI	BACON	APPLE TURNOVERS	HOT DOGS	CHIPS
MENU DAY 1	SAUSAGE	fresh baked	OVEN FRIED CHICKEN TENDERS	
2.11	SCRAMBLED EGGS GRITS/OATMEAL	FRESH FRUIT	BAKED CHICKEN BROCCOLI, If, w/ Cheese Sauce	CREAM CORN CARROTS
Tue	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	MASHED POTATOES	WHITE RICE
Dec 30	HAM & BACON	BLUEBERRY MUFFINS	CHICKEN WRAPS	CHIPS
MENU	SAUSAGE	fresh baked	BEEF TIPS over NOODLES	CHIFS
DAY 2C	SCRAMBLED EGGS	FRESH FRUIT	MASHED POTATOES	
Wed	GRITS/OATMEAL	VARIETY COLD CEREAL	CAPRI BLEND VEGETABLES	BAKED SWEET POTATOES
Dec 31	WHITE/WHEAT TOAST	PANCAKES	WHITE SWEET CORN	STIR FRY VEGGIES
	D 1 G011	GD LIVED LIVED I GUERNIA	HARVARD BEETS	GTTTP 6
MENU	BACON	CRANORANGE MUFFINS	PECAN CRUSTED TILAPIA	CHIPS
DAY	SAUSAGE SCRM. EGGS w/CHEESE	fresh baked	BBQ PORK on BUN PORK ROAST, LF	COLE SLAW ROASTED POTATOES
_ 3	GRITS/OATMEAL	FRESH FRUIT	BRUNSWICK STEW	SPINACH
Thurs Jan 1	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	YELLOW SQUASH, reg. & FF	ENGLISH PEAS
Jan 1	HAM & BACON	VARIETY SCONES	BBQ CHICKEN WINGS	GARLIC BREAD
MENU	SAUSAGE	fresh baked	SPAGHETTI over NOODLES	GARLIC BREAD
DAY 4	SCRAMBLED EGGS	Tom outou	POT ROAST, LF	CREAM CORN
Fr:	GRITS/OATMEAL	FRESH FRUIT	CARROTS, FF or Glazed	MASHED POTATO
Fri Jan 2	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	BROCCOLI, FF or with Cheese Sauc	e BAKED POTATO
	BACON	BLUEBERRY MUFFINS	MEATLOAF	
MENU DAY 5	SAUSAGE		LIMA BEANS	BABY CARROTS
DAYS	SCRAMBLED EGGS	HASH BROWN POTATOES	RED SKIN POTOATOES	BROCCOLI NORMANDY
Sat	GRITS/OATMEAL WHITE/WHEAT TOAST	FRESH FRUIT VARIETY COLD CEREAL	MASHED POTATO CREAM OF POTATO SOUP	CORN on COB
Jan 3				
MENILI	BACON	CHOCOLATE MUFFINS	COUNTRY FRIED STEAK	
MENU DAY 6H	LINK SAUSAGE		CHICKEN TENDERS	DAKED DOTATOES
D111 011	SAUSAGE SCRAMBLED EGGS	FRENCH TOAST STICK	BAKED CHICKEN, LF GREEN BEANS	BAKED POTATOES CREAM CORN
Sun	GRITS/OATMEAL	FRESH FRUIT	BROCCOLI, LF or w/Cheese	MASHED POTATOES
Jan 4	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	Broccobi, Br or woncese	WI ISTIES TO TITTOES
	BACON	APPLE TURNOVER	CUBAN SANDWICH	FRENCH FRIES
MENU	SAUSAGE	fresh baked	HAMBURGER STEAK	
DAY 7 B	SCRAMBLED EGGS		MASHED POTATOES	YELLOW SQUASH
Mon	GRITS/OATMEAL	FRESH FRUIT	ITALIAN GREEN BEANS	STIR FRY VEGGIES
Jan 5	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	CREAM OF BROCCOLI SOUP	
MENII	BACON	CINNAMON ROLLS	SWEET and SOUR CHICKEN	EGG ROLLS
MENU DAY 8	SAUSAGE SCRAMBLED EGGS	fresh baked	POT ROAST SCALLOPED POTATOES	BRUSSEL SPROUTS
	GRITS/OATMEAL	FRESH FRUIT	CORN on COB	GREEN BEANS
Tue Jan 6	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	CAPRI VEGGIE BLEND	WHITE RICE
JAII 0	BACON	CRANORANGE MUFFINS	CHICKEN CORDON BLEU	
MENU	SAUSAGE	fresh baked	OVEN FRIED PORK CHOP	
DAY 9	SCRM. EGGS w/Cheese	VARIETY COLD CEREAL	GRILLED PORK CHOP, LF	BABY CARROTS, LF
Wed	GRITS/OATMEAL	HASHBROWNS	ENGLISH PEAS	STEAMED CABBAGE
Jan 7	WHITE/WHEAT TOAST	FRESH FRUIT	MASHED POTATOES	YELLOW RICE
MENT	HAM & BACON	BLUEBERRY MUFFINS	BEEF OR CHICKEN TACOS	
MENU DAY 10	SAUSAGE	fresh baked	OVEN FRIED COD	MEXICAN RICE
	SCRAMBLED EGGS GRITS/OATMEAL	WAFFELS FRESH FRUIT	BAKED CATFISH BROCCOLI NORMANDY	BAKED POTATO CARROTS, glazed or LF
Thurs	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	MASHED POTATO	HUSH PUPPIES
Jan 8	LINK SAUSAGE	APPLE TURNOVER	HAMBURGERS	
MENU	BACON	fresh baked	GARDEN BURGERS	
DAY 11	SAUSAGE			ASHED POTATOES
Fri	SCRAMBLED EGGS			ORN on COB
Fri Jan 9	GRITS/OATMEAL	FRESH FRUIT		REAM OF POTATO SOUP
	WHITE/WHEAT TOAST	VARIETY COLD CEREAL	CAPRI VEGGIES TO CHANGE WITHOUT NOT	