

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

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Fri Dec 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDER OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce MASHED POTATOES	CHIPS CREAM CORN CARROTS WHITE RICE
MENU DAY 2C Sat Dec 20	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL PANCAKES	BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Sun Dec 21	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	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 Sauce	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 WHITE/WHEAT TOAST	CRANORNAGE MUFFINS fresh baked FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	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 Dec 25	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, lf 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	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	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	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Tue Dec 30	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HOT DOGS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce MASHED POTATOES	CHIPS CREAM CORN CARROTS WHITE RICE
MENU DAY 2C Wed Dec 31	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Thurs Jan 1	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked 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 Fri Jan 2	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES 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 Sauce	GARLIC BREAD CREAM CORN MASHED POTATO BAKED POTATO
MENU DAY 5 Sat Jan 3	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO CREAM OF POTATO SOUP	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Sun Jan 4	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK CHICKEN TENDERS BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese	BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Mon Jan 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	CUBAN SANDWICH HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS CREAM OF BROCCOLI SOUP	FRENCH FRIES YELLOW SQUASH STIR FRY VEGGIES
MENU DAY 8 Tue Jan 6	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	SWEET and SOUR CHICKEN POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	EGG ROLLS BRUSSEL SPROUTS GREEN BEANS WHITE RICE
MENU DAY 9 Wed Jan 7	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN CORDON BLEU OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE YELLOW RICE
MENU DAY 10 Thurs Jan 8	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	BEEF OR CHICKEN TACOS OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	MEXICAN RICE BAKED POTATO CARROTS, glazed or LF HUSH PUPPIES
MENU DAY 11 Fri Jan 9	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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