

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Feb 1st – Feb 11th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Sun Feb 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce CREAM OF BROCCOLI SOUP	CREAM CORN CARROTS MASHED POTATOES
MENU DAY 2C Mon Feb 2	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAP BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Tue Feb 3	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 Wed Feb 4	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS 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 Thurs Feb 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	GRILLED CHEESE SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO TOMATO FLORETINE SOUP	CHIPS BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Fri Feb 6	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	CHICKEN POT PIE COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese HOMESTYLE CHICKEN NOODLE SOUP	 BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Sat Feb 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS	 YELLOW SQUASH STIR FRY VEGGIES
MENU DAY 8 Sun Feb 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN CORDON BLEU POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	 BRUSSEL SPROUTS GREEN BEANS
MENU DAY 9 Mon Feb 9	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	SPINACH & CHEESE RAVVIOLI OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	GARLIC BREAD BABY CARROTS, LF STEAMED CABBAGE RICE PILAF
MENU DAY 10 Tue Feb 10	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN QUESADILLA OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	HUSH PUPPIES BAKED POTATO CARROTS, glazed or LF MEXICAN RICE
MENU DAY 11 Wed Feb 11	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

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Feb 12th – Feb 22nd

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Thurs Feb 12	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce CREAM OF BROCCOLI SOUP	CHIPS CREAM CORN CARROTS MASHED POTATOES
MENU DAY 2C Fri Feb 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAP BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Sat Feb 14	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY 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 Sun Feb 15	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	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 Mon Feb 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	LEMON PEPPER SALMON MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Tue Feb 17	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	BEEF OR CHICKEN TACOS COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese	BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Wed Feb 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh muffin FRESH FRUIT VARIETY COLD CEREAL	GRILLED TURKEY CLUB HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS PINTO BEANS	CHIPS YELLOW SQUASH STIR FRY VEGGIES MEXICAN CORNBREAD
MENU DAY 8 Thurs Feb 19	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN PARM over NOODLES POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GARLIC BREAD BRUSSEL SPROUTS GREEN BEANS
MENU DAY 9 Fri Feb 20	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	FRENCH DIP SANDWICH OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	CHIPS BABY CARROTS, LF STEAMED CABBAGE RICE PILAF
MENU DAY 10 Sat Feb 21	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNRTY FRIED STEAK OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	HUSH PUPPIES BAKED POTATO CARROTS, glazed or LF
MENU DAY 11 Sun Feb 22	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

LF = LOW or LOWER FAT

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STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Feb 23rd – Mar 5th

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Mon Feb 23	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHILI OVEN FRIED CHICKEN TENDERS BAKED CHICKEN BROCCOLI, lf, w/ Cheese Sauce CREAM OF BROCCOLI SOUP	CREAM CORN CARROTS MASHED POTATOES
MENU DAY 2C Tue Feb 24	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAP BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	CHIPS BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Wed Feb 25	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	TORTILLA 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 Thurs Feb 26	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE 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 Fri Feb 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO	TATER TOTS BABY CARROTS BROCCOLI NORMANDY CORN on COB
MENU DAY 6H Sat Feb 28	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN, LF GREEN BEANS BROCCOLI, LF or w/Cheese	BAKED POTATOES CREAM CORN MASHED POTATOES
MENU DAY 7B Sun Mar 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS CREAM OF BROCCOLI SOUP	YELLOW SQUASH STIR FRY VEGGIES
MENU DAY 8 Mon Mar 2	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	MEAT & VEGETABLE LASAGNA POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	GARLIC BREAD BRUSSEL SPROUTS GREEN BEANS
MENU DAY 9 Tue Mar 3	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	MEATBALL SLIDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	CHIPS BABY CARROTS, LF STEAMED CABBAGE RICE PILAF
MENU DAY 10 Wed Mar 4	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNRTY FRIED STEAK OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	HUSH PUPPIES BAKED POTATO CARROTS, glazed or LF
MENU DAY 11 Thurs Mar 5	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGER BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	FRENCH FRIES MASHED POTATOES CORN on COB CREAM OF POTATO SOUP

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