

**STEPHENS COUNTY HOSPITAL, CAFETERIA MENU** Feb 1<sup>st</sup> – Feb 11<sup>th</sup>

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

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

**STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Feb 12<sup>th</sup> – Feb 22<sup>nd</sup>**

| DATE                                  | BREAKFAST  |   | LUNCH (Menu B)   |   |
|---------------------------------------|--|---|--|---|
| MENU DAY 1<br><br><b>Thurs Feb 12</b> | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | CINNAMON ROLLS<br>fresh baked<br><br>FRESH FRUIT<br>VARIETY COLD CEREAL                       | HAM & CHEESE SLIDERS<br>OVEN FRIED CHICKEN TENDERS<br>BAKED CHICKEN<br>BROCCOLI, lf, w/ Cheese Sauce<br>CREAM OF BROCCOLI SOUP | CHIPS<br><br>CREAM CORN<br>CARROTS<br>MASHED POTATOES               |
| MENU DAY 2C<br><br><b>Fri Feb 13</b>  | HAM & BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST           | BLUEBERRY MUFFINS<br>fresh baked<br>FRESH FRUIT<br>VARIETY COLD CEREAL<br>PANCAKES            | CHICKEN WRAP<br>BEEF TIPS over NOODLES<br>MASHED POTATOES<br>CAPRI BLEND VEGETABLES<br>WHITE SWEET CORN<br>HARVARD BEETS       | CHIPS<br><br>BAKED SWEET POTATOES<br>STIR FRY VEGGIES               |
| MENU DAY 3<br><br><b>Sat Feb 14</b>   | BACON<br>SAUSAGE<br>SCRM. EGGS w/CHEESE<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST            | BLUEBERRY MUFFINS<br><br>FRESH FRUIT<br>VARIETY COLD CEREAL                                   | PECAN CRUSTED TILAPIA<br>BBQ PORK on BUN<br>PORK ROAST, LF<br>BRUNSWICK STEW<br>YELLOW SQUASH, reg. & FF                       | CHIPS<br>COLE SLAW<br>ROASTED POTATOES<br>SPINACH<br>ENGLISH PEAS   |
| MENU DAY 4<br><br><b>Sun Feb 15</b>   | HAM & BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST           | CHOCOLATE MUFFINS<br><br>FRESH FRUIT<br>VARIETY COLD CEREAL                                   | SPAGHETTI over NOODLES<br>POT ROAST, LF<br>CARROTS, FF or Glazed<br>BROCCOLI, FF or with Cheese Sauce                          | GARLIC BREAD<br>CREAM CORN<br>MASHED POTATO<br>BAKED POTATO         |
| MENU DAY 5<br><br><b>Mon Feb 16</b>   | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | BLUEBERRY MUFFINS<br>fresh baked<br>HASH BROWN POTATOES<br>FRESH FRUIT<br>VARIETY COLD CEREAL | LEMON PEPPER SALMON<br>MEATLOAF<br>LIMA BEANS<br>RED SKIN POTOATOES<br>MASHED POTATO   | BABY CARROTS<br>BROCCOLI NORMANDY<br>CORN on COB                    |
| MENU DAY 6H<br><br><b>Tue Feb 17</b>  | BACON<br>LINK SAUSAGE<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST | VARIETY SCONES<br>fresh baked<br>FRENCH TOAST STICK<br>FRESH FRUIT<br>VARIETY COLD CEREAL     | BEEF OR CHICKEN TACOS<br>COUNTRY FRIED STEAK<br>BAKED CHICKEN, LF<br>GREEN BEANS<br>BROCCOLI, LF or w/Cheese                   | BAKED POTATOES<br>CREAM CORN<br>MASHED POTATOES                     |
| MENU DAY 7B<br><br><b>Wed Feb 18</b>  | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | APPLE TURNOVER<br>fresh muffin<br>FRESH FRUIT<br>VARIETY COLD CEREAL                          | GRILLED TURKEY CLUB<br>HAMBURGER STEAK<br>MASHED POTATOES<br>ITALIAN GREEN BEANS<br>PINTO BEANS                                | CHIPS<br><br>YELLOW SQUASH<br>STIR FRY VEGGIES<br>MEXICAN CORNBREAD |
| MENU DAY 8<br><br><b>Thurs Feb 19</b> | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | CINNAMON ROLLS<br>fresh baked<br>FRESH FRUIT<br>VARIETY COLD CEREAL                           | CHICKEN PARM over NOODLES<br>POT ROAST<br>SCALLOPED POTATOES<br>CORN on COB<br>CAPRI VEGGIE BLEND                              | GARLIC BREAD<br><br>BRUSSEL SPROUTS<br>GREEN BEANS                  |
| MENU DAY 9<br><br><b>Fri Feb 20</b>   | BACON<br>SAUSAGE<br>SCRM. EGGS w/Cheese<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST            | CRANORANGE MUFFINS<br>fresh baked<br>VARIETY COLD CEREAL<br>HASHBROWNS<br>FRESH FRUIT         | FRENCH DIP SANDWICH<br>OVEN FRIED PORK CHOP<br>GRILLED PORK CHOP, LF<br>ENGLISH PEAS<br>MASHED POTATOES                        | CHIPS<br><br>BABY CARROTS, LF<br>STEAMED CABBAGE<br>RICE PILAF      |
| MENU DAY 10<br><br><b>Sat Feb 21</b>  | HAM & BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST           | BLUEBERRY MUFFINS<br><br>WAFFELS<br>FRESH FRUIT<br>VARIETY COLD CEREAL                        | COUNTRY FRIED STEAK<br>OVEN FRIED COD<br>BAKED CATFISH<br>BROCCOLI NORMANDY<br>MASHED POTATO                                   | HUSH PUPPIES<br><br>BAKED POTATO<br>CARROTS, glazed or LF           |
| MENU DAY 11<br><br><b>Sun Feb 22</b>  | LINK SAUSAGE<br>BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST | VARIETY MUFFINS<br><br>FRESH FRUIT<br>VARIETY COLD CEREAL                                     | HAMBURGER STEAK<br>BAKED HAM<br>TURNIP GREENS<br>BAKED SWEET POTATO<br>CAPRI VEGGIES   | MASHED POTATOES<br>CORN on COB<br>CREAM OF POTATO SOUP              |

LF = LOW or LOWER FAT

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**STEPHENS COUNTY HOSPITAL, CAFETERIA MENU** Feb 23<sup>rd</sup> – Mar 5<sup>th</sup>

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

LF = LOW or LOWER FAT

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