

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan 10th – Jan 20th

DATE	BREAKFAST		LUNCH (Menu C)	
MENU DAY 1 Sat Jan 10	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDER BAKED CHICKEN CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese	CREAM CORN MASH POTATOES
MENU DAY 2C Sun Jan 11	HAM & BACON SAUSAGE EGG CHEESE OMLETTE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT PANCAKES VARIETY COLD CEREAL	HAM & CHEESE CROISSANT BEEF TIPS over NOODLES CAPRI BLEND VEGES., FF HARVARD BEETS, LF CREAM OF POTATO SOUP	CHIPS MASHED POTATOES WHOLE KERNEL CORN
MENU DAY 3 Mon Jan 12	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS ENGLISH PEAS SPINACH BABY BAKER POTATOES
MENU DAY 4 Tue Jan 13	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	BBQ CHICKEN WINGS 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 Wed Jan 14	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 CREAM of BROCCOLI SOUP	CHIPS POTATO SALAD LIMA BEANS, FF BABY CARROTS
MENU DAY 6G Thurs Jan 15	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRENCH TOAST STICKS FRESH FRUIT VARIETY COLD CEREAL	CHICKEN & DUMPLINGS BAKED CHICKEN COUNTRY FRIED STEAK MASHED POTATOES BROCCOLI, LF or with Cheese	CREAM CORN BAKED POTATO, FF GREEN BEANS
MENU DAY 7B Fri Jan 16	BACON SAUSAGE STEAK BISCUIT SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PEPPERONI OR CHEESE PIZZA CUBED STEAK, LF MASHED POTATOES, reg. or LF YELLOW SQUASH w/Onions, FF TOMATO FLORENTINE SOUP	ITALIAN GREEN BEANS BLACKED EYED PEAS
MENU DAY 8 Sat Jan 17	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN CAPRI VEGGIE BLEND MASHED POTATOES	BRUSSEL SPROUTS GREEN BEANS
MENU DAY 9 Sun Jan 18	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY MUFFINS HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WING OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF CREAM OF POTATO SOUP	STEAMED CABBAGE CARROTS, LF MASHED POTATOES, LF
MENU DAY 10 Mon Jan 19	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked WAFFLES FRESH FRUIT VARIETY COLD CEREAL	GARLIC CHICKEN BAKED CATFISH, LF OVEN FRIED COD BAKED POTATOES BROCCOLI NORMANDY HOMESTYLE CHICKEN NOODLE SOUP	CAESAR SALAD MASHED POTATO/GRAVY CARROTS, LF
MENU DAY 11 Tue Jan 20	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM GARDEN BURGERS CAPRI BLEND VEGETABLES BAKED SWEET POTATOES, FF MINSTRONE SOUP	FRENCH FRIES TURNIP GREENS, FF CREAM CORN RICE/GRAVY

LF = LOW or LOWER FAT

FF = FAT FREE

MENU SUBJECT TO CHANGE WITHOUT NOTICE

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan 21th – Jan 31st

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 Wed Jan 21	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS 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 Thurs Jan 22	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	NACHO BAR BEEF TIPS over NOODLES MASHED POTATOES CAPRI BLEND VEGETABLES WHITE SWEET CORN HARVARD BEETS	BAKED SWEET POTATOES STIR FRY VEGGIES
MENU DAY 3 Fri Jan 23	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 Sat Jan 24	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 CREAM CORN	GARLIC BREAD MASHED POTATO BAKED POTATO
MENU DAY 5 Sun Jan 25	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 Mon Jan 26	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRENCH TOAST STICK FRESH FRUIT VARIETY COLD CEREAL	CHILI CHEESE BEEF TAMALE 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 Tue Jan 27	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	MANICOTTI HAMBURGER STEAK MASHED POTATOES ITALIAN GREEN BEANS CHICKEN ENCHILADA SOUP	GARLIC BREAD YELLOW SQUASH STIR FRY VEGGIES
MENU DAY 8 Wed Jan 28	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	MONTEREY CHICKEN POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND	BRUSSEL SPROUTS GREEN BEANS WHITE RICE
MENU DAY 9 Thurs Jan 29	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	BUFFALO CHICKEN WINGS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS MASHED POTATOES	BABY CARROTS, LF STEAMED CABBAGE RICE PILAF
MENU DAY 10 Fri Jan 30	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	TURKEY CLUB SANDWICH OVEN FRIED COD BAKED CATFISH BROCCOLI NORMANDY MASHED POTATO	HUSH PUPPIES BAKED POTATO CARROTS, glazed or LF TOMATO FLORENTINE SOUP
MENU DAY 11 Sat Jan 31	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY 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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