

**STEPHENS COUNTY HOSPITAL, CAFETERIA MENU** Jan 21<sup>th</sup> – Jan 31<sup>st</sup>

DATE	BREAKFAST		LUNCH (Menu B)	
MENU DAY 1 <b>Wed Jan 21</b>	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 <b>Thurs Jan 22</b>	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 <b>Fri Jan 23</b>	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 <b>Sat Jan 24</b>	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 <b>Sun Jan 25</b>	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 <b>Mon Jan 26</b>	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 <b>Tue Jan 27</b>	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 <b>Wed Jan 28</b>	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 <b>Thurs Jan 29</b>	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 <b>Fri Jan 30</b>	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 <b>Sat Jan 31</b>	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

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  <b>Thurs Feb 12</b>	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  <b>Fri Feb 13</b>	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  <b>Sat Feb 14</b>	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  <b>Sun Feb 15</b>	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  <b>Mon Feb 16</b>	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  <b>Tue Feb 17</b>	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  <b>Wed Feb 18</b>	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  <b>Thurs Feb 19</b>	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  <b>Fri Feb 20</b>	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  <b>Sat Feb 21</b>	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	HUSH PUPPIES  BAKED POTATO CARROTS, glazed or LF
MENU DAY 11  <b>Sun Feb 22</b>	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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