

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

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 |

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