

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Nov. 5<sup>th</sup> – Nov. 15<sup>th</sup>

| DATE                              | BREAKFAST                                                                                |                                                                                               | LUNCH (Menu B)                                                                                                            |                                                                               |
|-----------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| MENU DAY 1<br><b>Wed Nov 5</b>    | 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                      | HOT DOGS<br>OVEN FRIED CHICKEN TENDERS<br>BAKED CHICKEN, LF<br>BROCCOLI, LF or w/Cheese<br>RICE, FF w/Gravy               | CHIPS<br>CREAM CORN<br>CARROTS, GLAZED or LF<br>MASHED POTATO                 |
| MENU DAY 2C<br><b>Thurs Nov 6</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 WRAPS<br>BEEF TIPS over NOODLES<br>MASHED POTATOES<br>CAPRI BLEND VEGETABLES<br>WHITE SWEET CORN<br>HARVARD BEETS | BAKED SWEET POTATOES<br>STIR FRY VEGGIES                                      |
| MENU DAY 3<br><b>Fri Nov 7</b>    | BACON<br>SAUSAGE<br>SCRM. EGGS w/CHEESE<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST            | CRANORANGE MUFFINS<br>fresh baked<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><b>Sat Nov 8</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><b>Sun Nov 9</b>    | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | CHEESE DANISH<br><br>HASH BROWN POTATOES<br>FRESH FRUIT<br>VARIETY COLD CEREAL                | OVEN FRIED CHICKEN TENDERS<br>MEATLOAF<br>LIMA BEANS<br>RED SKIN POTOATOES<br>MASHED POTATO                               | BABY CARROTS<br>BROCCOLI NORMANDY<br>CORN on COB                              |
| MENU DAY 6C<br><b>Mon Nov 10</b>  | BACON<br>LINK SAUSAGE<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST | CRANORNAGE MUFFINS<br>fresh baked<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                    | BAKED POTATOES<br>CREAM CORN<br>MASHED POTATOES                               |
| MENU DAY 7B<br><b>Tue Nov 11</b>  | 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                        | MEAT OR VEGETABLE LASAGNA<br>HAMBURGER STEAK<br>MASHED POTATOES/GRAVY<br>YELLOW SQUASH<br>BABY CARROTS LF, or Glazed      | GARLIC BREAD<br><br>SAUTEED ONIONS<br>ITALIAN GREEN BEANS                     |
| MENU DAY 8<br><b>Wed Nov 12</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                           | GARLIC CHICKEN<br>POT ROAST<br>SCALLOPED POTATOES<br>CORN on COB<br>CAPRI VEGGIE BLEND                                    | CAESAR SALAD<br><br>BRUSSEL SPROUTS<br>GREEN BEANS<br>MASHED POTATOES         |
| MENU DAY 9<br><b>Thurs Nov 13</b> | BACON<br>SAUSAGE<br>SCRM. EGGS w/Cheese<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST            | APPLE TURNOVERS<br>fresh baked<br>VARIETY COLD CEREAL<br>HASHBROWNS<br>FRESH FRUIT            | BREADED CHICKEN WINGS<br>OVEN FRIED PORK CHOP<br>GRILLED PORK CHOP, LF<br>ENGLISH PEAS<br>MASHED POTATOES                 | BABY CARROTS, LF<br>STEAMED CABBAGE<br>RICE PILAF                             |
| MENU DAY 10<br><b>Fri Nov 14</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             | TURKEY CLUB SANDWICH<br>OVEN FRIED COD<br>BAKED CATFISH<br>BROCCOLI NORMANDY<br>MASHED POTATO                             | CHIPS<br>TOMATO SOUP<br>BAKED POTATO<br>CARROTS, glazed or LF<br>HUSH PUPPIES |
| MENU DAY 11<br><b>Sat Nov 15</b>  | LINK SAUSAGE<br>BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST | CHOCOLATE 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

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Nov. 16<sup>th</sup> – Nov. 26<sup>th</sup>

| DATE                              | BREAKFAST                                                                                |                                                                                               | LUNCH (Menu B)                                                                                                             |                                                                           |
|-----------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| MENU DAY 1<br><b>Sun Nov 16</b>   | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | CHOCOLATE MUFFINS<br><br>FRESH FRUIT<br>VARIETY COLD CEREAL                                   | OVEN FRIED CHICKEN TENDERS<br>BAKED CHICKEN, LF<br>BROCCOLI, LF or w/Cheese<br>RICE, FF w/Gravy                            | CREAM CORN<br>CARROTS, GLAZED or LF<br>MASHED POTATO                      |
| MENU DAY 2C<br><b>Mon Nov 17</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 WRAPS<br>BEEF TIPS over NOODLES<br>MASHED POTATOES<br>CAPRI BLEND VEGETABLES<br>WHITE SWEET CORN<br>HARVARD BEETS  | BAKED SWEET POTATOES<br>STIR FRY VEGGIES                                  |
| MENU DAY 3<br><b>Tue Nov 18</b>   | BACON<br>SAUSAGE<br>SCRM. EGGS w/CHEESE<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST            | CRANORANGE MUFFINS<br>fresh baked<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><b>Wed Nov 19</b>   | HAM & BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST           | APPLE TURNOVERS<br>fresh baked<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><b>Thurs Nov 20</b> | BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST                 | BROWNSUGAR SCONES<br>fresh baked<br>HASH BROWN POTATOES<br>FRESH FRUIT<br>VARIETY COLD CEREAL | SPINACH & CHEESE RAVIOLI<br>MEATLOAF<br>LIMA BEANS<br>RED SKIN POTOATOES<br>MASHED POTATO                                  | GARLIC BREAD<br><br>BABY CARROTS<br>BROCCOLI NORMANDY<br>CORN on COB      |
| MENU DAY 6C<br><b>Fri Nov 21</b>  | BACON<br>LINK SAUSAGE<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST | CRANORNAGE MUFFINS<br>fresh baked<br>FRENCH TOAST STICK<br>FRESH FRUIT<br>VARIETY COLD CEREAL | REUBEN SANDWICH<br>COUNTRY FRIED STEAK<br>BAKED CHICKEN, LF<br>GREEN BEANS<br>BROCCOLI, LF or w/Cheese                     | CHIPS<br><br>BAKED POTATOES<br>CREAM CORN<br>MASHED POTATOES              |
| MENU DAY 7B<br><b>Sat Nov 22</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/GRAVY<br>YELLOW SQUASH<br>BABY CARROTS LF, or Glazed      | SAUTEED ONIONS<br>ITALIAN GREEN BEANS                                     |
| MENU DAY 8<br><b>Sun Nov 23</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                           | BREADED CHICKEN WINGS<br>POT ROAST<br>SCALLOPED POTATOES<br>CORN on COB<br>CAPRI VEGGIE BLEND                              | BRUSSEL SPROUTS<br>GREEN BEANS<br>MASHED POTATOES                         |
| MENU DAY 9<br><b>Mon Nov 24</b>   | BACON<br>SAUSAGE<br>SCRM. EGGS w/Cheese<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST            | APPLE TURNOVERS<br>fresh baked<br>VARIETY COLD CEREAL<br>HASHBROWNS<br>FRESH FRUIT            | GRILLED CHEESE SANDWICH<br>OVEN FRIED PORK CHOP<br>GRILLED PORK CHOP, LF<br>ENGLISH PEAS<br>MASHED POTATOES                | CHIPS<br>TOMATO SOUP<br>BABY CARROTS, LF<br>STEAMED CABBAGE<br>RICE PILAF |
| MENU DAY 10<br><b>Tue Nov 25</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             | BEEF OR CHICKEN TACOS<br>OVEN FRIED COD<br>BAKED CATFISH<br>BROCCOLI NORMANDY<br>MASHED POTATO                             | BAKED POTATO<br>CARROTS, glazed or LF<br>HUSH PUPPIES                     |
| MENU DAY 11<br><b>Wed Nov 26</b>  | LINK SAUSAGE<br>BACON<br>SAUSAGE<br>SCRAMBLED EGGS<br>GRITS/OATMEAL<br>WHITE/WHEAT TOAST | CRANORANGE MUFFINS<br>fresh baked<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

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