

# STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Dec. 21<sup>st</sup> – Dec. 31<sup>st</sup>

DATE	BREAKFAST	LUNCH	(Menu B)
MENU DAY 1 <b>Sat. Dec. 21</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS  FRESH FRUIT VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy BAKED POTATO CARROTS, GLAZED or LF MASHED POTATO CREAM CORN CREAM OF POTATO SOUP
MENU DAY 2A <b>Sun. Dec. 22</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS  FRESH FRUIT VARIETY COLD CEREAL PANCAKES	COUNTRY FRIED STEAK BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN BAKED SWEET POTATO HARVARD BEETS
MENU DAY 3 <b>Mon. Dec. 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 FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF ROASTED BABY POTATOES CHIPS COLE SLAW  SPINACH ENGLISH PEAS
MENU DAY 4 <b>Tue. Dec. 24</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS 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 MASHED POTATO BAKED POTATO
MENU DAY 5 <b>Wed. Dec. 25</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	ROASTED TURKEY SPIRAL HAM CORNBREAD DRESSING ROASTED SWEET POTATO BROCCOLI, LF of w/ Cheese YEAST ROLLS  MASHED POTATO CREAM CORN GREEN BEANS
MENU DAY 6H <b>Thur. Dec. 26</b>	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked  FRESH FRUIT VARIETY COLD CEREAL	BEEF PHILLY SUB COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese MASHED POTATOES FRENCH FRIES  CREAM CORN BAKED POTATO
MENU DAY 7B <b>Fri. Dec. 27</b>	BACON SAUSAGE COUNTRY FREID STEAK SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORNAGE MUFFINS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	PERSONAL PAN PIZZA HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed GREAT NOTHERN BEAN CHEESE BREAD STICKS  WHITE RICE ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 <b>Sat. Dec. 28</b>	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	BUFFALO CHICKEN WINGS POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND GREEN BEANS MASHED POTATOES
MENU DAY 9 <b>Sun. Dec. 29</b>	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS  VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN CORDON BLEU OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS RICE PILAF CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 <b>Mon. Dec. 30</b>	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	SANDWICH & SOUP BAR OVEN FRIED COD FISH BAKED CATFISH, LF MASHED POTATOES BROCCOLI NORMANDY CARROTS, LF or Glazed BAKED POTATO HUSH PUPPIES
MENU DAY 11 <b>Tue. Dec. 31</b>	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVERS fresh baked  FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS BAKED HAM GARDEN BURGERS TURNIP GREENS BAKED SWEET POTATO TATER TOTS MASHED POTATOES CORN on COB CREAM OF BROCCOLI SOUP

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE

## STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Jan 1<sup>st</sup> – Jan 11<sup>th</sup>

DATE	BREAKFAST	LUNCH	(Menu C)
MENU DAY 1 Wed. Jan 1	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	PORK ROAST CHICKEN TENDER BBQ CHICKEN BABY CARROTS, FF or Glazed BROCCOLI, LF or w/Cheese BLACK-EYED PEAS COLLARD GREENS MASHED POTATOES
MENU DAY 2C Thur. Jan. 2	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT PANCAKES VARIETY COLD CEREAL	CHICKEN WRAPS BEEF TIPS over noodles CAPRI VEGGIE BLEND MASHED POTATO HARVARD BEETS CHIPS CORN on COB BAKED SWEET POTATO VEGETABLE SOUP
MENU DAY 3 Fri. Jan. 3	BACON SAUSAGE SCRM EGG w/ CHEESE SCRAMBLED EGGS GRITS/OATMEAL	CRANORANGE MUFFINS fresh baked VARIETY COLD CEREAL FRESH FRUIT WHITE/WHEAT TOAST	TORTILLA TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW GRILLED YELLOW SQUASH CHIPS COLE SLAW BABY ROASTED POTATO SPINACH ENGLISH PEAS
MENU DAY 4 Sat. Jan. 4	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	HONEY BBQ CHICKEN WINGS SPAGHETTI w/MEATSAUCE POT ROAST, LF CARROTS, FF or Glazed BROCCOLI, FF or with Cheese Sauce GARLIC BREAD BAKED POTATO MASHED POTATO CREAM CORN
MENU DAY 5 Sun. Jan. 5	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFIN HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CHICKEN TENDERS MEATLOAF, LF BROCCOLI NORMANDY, FF BABY CARROTS RED SKIN POTATOES LIMA BEANS MASHED POTATO CREAM OF POTATO SOUP
MENU DAY 6H Mon. Jan. 6	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL	APPLE TURNOVER fresh baked FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	GRILLED CHEESE SANDWICH COUNTRY FRIED STEAK BAKED CHICKEN BROCCOLI, LF or W/CHEESE MASHED POTATO CHIPS CREAM CORN GREEN BEANS TOMATO SOUP
MENU DAY 7B Tue. Jan. 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN QUESADILLA HAMBURGER STEAK MASHED POTATO / GRAVY ITALIAN GREEN BEANS YELLOW SQUASH MEXICAN RICE TOMATO & OKRA BLACK BEANS SAUTEED ONIONS
MENU DAY 8 Wed. Jan. 8	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	ORANGE CHICKEN POT ROAST, LF SCALLOPED POTATOES WHOLE KERNEL CORN GREEN BEANS EGG ROLLS VEG DUMPLINGS CARPI VEGGIE BLEND WHITE RICE BRUSSEL SPROUTS
MENU DAY 9 Thur. Jan. 9	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASHBROWNS FRESH FRUIT VARIETY COLD CEREAL	HARD AND SOFT SHELL TACOS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS, FF RICE PILAF MASHED POTATO STEAMED CABBAGE CARROTS BLACK EYED PEAS
MENU DAY 10 Fri. Jan. 10	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS WAFFLES FRESH FRUIT VARETY COLD CEREAL	MEAT LASAGNA VEGETABLE LASAGNA OVEN FRIED COD BAKED CATFISH, LF MEXICAN RICE BROCCOLI NORMANDY GARLIC BREAD COLE SLAW HUSH PUPPIES CARROTS, LF or Glazed BAKED POTATO
MENU DAY 11 Sat. Jan. 11	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGER STEAK BAKED HAM CAPRI BLEND VEGETABLES TURNIP GREENS MASHED POTATO/GRAVY CORN on COB BAKED SWEET POTATO

LF = LOW or LOWER FAT

FF = FAT FREE

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