

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Feb. 3rd – Feb. 13th

DATE	BREAKFAST	LUNCH	(Menu B)
MENU DAY 1 Mon. Feb. 3	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	GRILLED SAUSAGE 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 Tue. Feb. 4	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL PANCAKES	CHICKEN WRAPS BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN CHIPS BAKED SWEET POTATO HARVARD BEETS
MENU DAY 3 Wed. Feb. 5	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Thur. Feb. 6	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE SCONE 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 Fri. Feb. 7	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN SANDWICH MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO FRENCH FRIES BROCCOLI NORMANDY CORN on COB BABY CARROTS
MENU DAY 6H Sat. Feb. 8	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIED STEAK BAKED CHICKEN GREEN BEANS BROCCOLI, LF or w/Cheese MASHED POTATOES CREAM CORN BAKED POTATO
MENU DAY 7B Sun. Feb. 9	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	BREADED CHICKEN WINGS HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed WHITE RICE ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Mon. Feb. 10	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHICKEN QUESADILLA POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND BLACK BEANS MEXICAN RICE GREEN BEANS MASHED POTATOES
MENU DAY 9 Tue. Feb. 11	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	SHRIMP BROCCOLI ALFREDO OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS RICE PILAF CHEESE BREAD STICKS CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 Wed. Feb. 12	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BROWN SUGAR SCONE fresh baked WAFFELS FRESH FRUIT VARIETY COLD CEREAL	HARD OR SOFT SHELL TACOS OVEN FRIED COD FISH BAKED CATFISH, LF MASHED POTATOES BROCCOLI NORMANDY CARROTS, LF or Glazed BAKED POTATO HUSH PUPPIES
MENU DAY 11 Thur. Feb. 13	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES 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 Feb. 14th - Feb. 24th

DATE	BREAKFAST	LUNCH	(Menu B)
MENU DAY 1 Fri Feb. 14	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	ITALIAN BUFFET OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese RICE, FF w/Gravy CARROTS, GLAZED or LF MASHED POTATO CREAM CORN
MENU DAY 2A Sat Feb. 15	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE MUFFINS FRESH FRUIT VARIETY COLD CEREAL PANCAKES	GRILLED CHICKEN BREAST BEEF TIPS over NOODLES MASHED POTATO CAPRI BLEND VEGETABLES WHITE SWEET CORN BAKED SWEET POTATO HARVARD BEETS
MENU DAY 3 Sun Feb. 16	BACON SAUSAGE SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS FRESH FRUIT VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA FISH BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW YELLOW SQUASH, reg. & FF CHIPS COLE SLAW ROASTED POTATOES SPINACH ENGLISH PEAS
MENU DAY 4 Mon Feb. 17	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY SCONES 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 Tue Feb. 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE TURNOVER fresh baked HASH BROWN POTATOES FRESH FRUIT VARIETY COLD CEREAL	CORNDOG MEATLOAF LIMA BEANS RED SKIN POTOATOES MASHED POTATO TATER TOTS BROCCOLI NORMANDY CORN on COB BABY CARROTS
MENU DAY 6 Wed Feb. 19	BACON LINK SAUSAGE SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CRANORANGE MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	STUFFED PEPPERS OVEN ROAST TURKEY CORNBREAD DRESSING GREEN BEANS BROCCOLI, LF or w/Cheese MEXICAN RICE YEAST ROLLS CREAM CORN MASHED POTATOES
MENU DAY 7B Thurs Feb. 20	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS fresh baked FRESH FRUIT VARIETY COLD CEREAL	CHEESY GARLIC CHICKEN WRAP HAMBURGER STEAK MASHED POTATOES/GRAVY YELLOW SQUASH BABY CARROTS LF, or Glazed MEXICAN RICE WHITE RICE ITALIAN GREEN BEANS SAUTEED ONIONS
MENU DAY 8 Fri Feb. 21	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CINNAMON ROLLS fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAM & CHEESE SLIDERS POT ROAST SCALLOPED POTATOES CORN on COB CAPRI VEGGIE BLEND CHIPS GREEN BEANS MASHED POTATOES
MENU DAY 9 Sat Feb. 22	BACON SAUSAGE SCRM. EGGS w/Cheese GRITS/OATMEAL WHITE/WHEAT TOAST	BLUEBERRY MUFFINS VARIETY COLD CEREAL HASHBROWNS FRESH FRUIT	CHICKEN TENDERS OVEN FRIED PORK CHOP GRILLED PORK CHOP, LF ENGLISH PEAS RICE PILAF CARROTS, LF STEAMED CABBAGE MASHED POTATOES
MENU DAY 10 Sun Feb. 23	HAM & BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	APPLE CINN MUFFINS WAFFELS FRESH FRUIT VARIETY COLD CEREAL	COUNTRY FRIES STEAK OVEN FRIED COD FISH BAKED CATFISH, LF MASHED POTATOES BROCCOLI NORMANDY CARROTS, LF or Glazed BAKED POTATO HUSH PUPPIES
MENU DAY 11 Mon Feb. 24	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	CHOCOLATE SCONES fresh baked FRESH FRUIT VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES MASHED POTATOES CORN on COB CREAM OF BROCCOLI SOUP

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