STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Oct 24th – Oct 30th

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2 **Sat Oct 24**	BACON SAUSAGE SCRAMBLED EGGS GRITS OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	APPLE TURNOVERS fresh baked FRESH FRUIT	TORTILLA CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST BRUNSWICK STEW BABY ROASTED POTATOES GRILLED YELLOW SQUASH, reg & FF ENGLISH PEAS	CHIPS COLESLAW SPINACH
MENU DAY 1 **Sun Oct 25**	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	CINNAMON ROLLS fresh baked	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, Glazed or LF BROCCOLI, LR or w/cheese MASHED POTATOES CREAM CORN RICE, FF w/gravy	
MENU DAY 3 **Mon Oct 26**	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked FRESH FRUIT YOGURT BAR	BBQ CHCIKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO	GARLIC BREAD CREAM CORN
MENU DAY 4 **Tue Oct 27**	BACON SAUSAGE SCRAMBLED EGGS SCRM.. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	BLUEBERRY MUFFINS fresh baked HASH BROWNS FRESH FRUIT YOGURT BAR	TURKEY CLUB SANDWICH OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTAOTES	CHIPS RICE PILAF
MENU DAY 5 **Wed Oct 28**	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRENCH TOAST YOGURT BAR FRESH FRUIT	CHICKEN PARMESAN over NOODLES MEATLOAF LIMA BEANS RED SKIN POTATOES BOILED OKRA MASHED POTATOES	GARLIC BREAD CORN on COB STIR FRY VEGGIES
MENU DAY 6 **Thurs Oct 29**	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CINNAMON ROLLS fresh baked FRESH FRUIT YOGURT BAR	BEEF OR CHICKEN TACO OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES	 GREEN BEANS HUSH PUPPIES MEXICAN RICE
MENU DAY 7 **Fri Oct 30**	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORNGE MUFFINS fresh baked FRESH FRUIT YOGURT BAR	BUFFALO CHICKEN WINGS HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIE BLEND	 MASHED POTATOES CORN on COB

LF = LOW or LOWER FAT MENU SUBJECT TO CHANGE WITHOUT NOTICE