

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Aug 8th – Aug 14th

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat Aug 8	BACON BLUEBERRY MUFFIN SAUSAGE fresh baked STEAK BISCUIT SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF CARROTS, GLAZED or LF BROCCOLI, LF or w/Cheese MASHED POTATOES RICE, FF w/Gravy CREAM CORN	
MENU DAY 2 Sun Aug 9	BACON VARIETY SCONES SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF ROASTED POTATOES BRUNSWICK STEW YELLOW SQUASH, reg. & FF	CHIPS COLE SLAW SPINACH ENGLISH PEAS
MENU DAY 3 Mon Aug 10	BACON BLUEBERRY MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHICKEN 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 Aug 11	BACON CINNAMON ROLLS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	LEMON PEPPER SALMON OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	 RICE PILAF
MENU DAY 5 Wed Aug 12	BACON APPLE TURNOVERS SAUSAGE fresh baked CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL HASHBROWNS WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL YOGURT BAR	HOT DOGS MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	 CORN on COB TATER TOTS
MENU DAY 6 Thurs Aug 13	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	MONTEREY CHICKEN OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES BROCCOLI NORMANDY GRILLED YELLOW SQUASH	 GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri Aug 14	LINK SAUSAGE BLUEBERRY MUFFINS BACON fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES	 MASHED POTATOES CORN on COB

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE