

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU July 25th – July 31st

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat July 25	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 July 26	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 July 27	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 July 28	BACON CINNAMON ROLLS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	ROAST BEEF SLIDER OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	CHIPS RICE PILAF
MENU DAY 5 Wed July 29	BACON APPLE TURNOVERS SAUSAGE fresh baked CHICKEN BISCUIT SCRAMBLED EGGS GRITS/OATMEAL HASHBROWNS WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL YOGURT BAR	BBQ RIBLET SANDWICH MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	CORN on COB TATER TOTS
MENU DAY 6 Thurs July 30	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS WAFFLES GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	NACHO BAR OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES BROCCOLI NORMANDY GRILLED YELLOW SQUASH	GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri July 31	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