STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Nov 7th – Nov 13th

DATE	BREAKFAST	LUNCH Menu 2
MENU DAY 2 **Sat Nov 7**	BACON APPLE TURNOVERS SAUSAGE fresh baked SCRAMBLED EGGS GRITS OATMEAL FRESH FRUIT WHITE/WHEAT TOAST VARIETY COLD CEREAL	TORTILLA CRUSTED TILAPIA CHIPS BBQ PORK on BUN COLESLAW PORK ROAST BRUNSWICK STEW SPINACH BABY ROASTED POTATOES GRILLED YELLOW SQUASH, reg & FF ENGLISH PEAS
MENU DAY 1 **Sun Nov 8**	BACON CINNAMON ROLLS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	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 Nov 9**	BACON CRANORANGE MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ CHCIKEN WINGS GARLIC BREAD SPAGHETTI over NOODLES POT ROAST, LF CREAM CORN CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO
MENU DAY 4 **Tue Nov 10**	BACON BLUEBERRY MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS SCRM.. EGGS w/CHEESE HASH BROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	CHICKEN PHILLY CHEESESTEAK OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS RICE PILAF STEAMED CABBAGE BABY CARROTS MASHED POTAOTES
MENU DAY 5 **Wed Nov 11**	BACON VARIETY SCONES SAUSAGE LINK SAUSAGE fresh baked SCRAMBLED EGGS FRENCH TOAST GRITS/OATMEAL YOGURT BAR WHITE/WHEAT TOAST FRESH FRUIT	MEAT OR VEGETABLE LASAGNA MEATLOAF LIMA BEANS RED SKIN POTATOES GARLIC BREAD BOILED OKRA CORN on COB MASHED POTATOES STIR FRY VEGGIES
MENU DAY 6 **Thurs Nov 12**	BACON CINNAMON ROLLS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	NACHO BAR OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY GREEN BEANS CARROTS, glazed or LF HUSH PUPPIES MASHED POTATOES
MENU DAY 7 **Fri Nov 13**	BACON CRANORNGE MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	CHICKEN PARMESAN SANDWICH HAMBURGER STEAK BAKED HAM MASHED POTATOES TURNIP GREENS CORN on COB BAKED SWEET POTATO PINTO BEANS CAPRI VEGGIE BLEND MEXICAN CORNBREAD

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