

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Oct 10th – Oct 16th

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2 Sat Oct 10	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
MENU DAY 1 Sun Oct 11	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT	CINNAMON ROLLS fresh baked 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 Oct 12	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked FRESH FRUIT YOGURT BAR	BBQ CHICKEN WINGS SPAGHETTI over NOODLES POT ROAST, LF CARROTS, FF or Glazed MASHED POTATOES BROCCOLI, FF or with Cheese Sauce BAKED POTATO
MENU DAY 4 Tue Oct 13	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	BASIL PESTO BURRATA RAVIOLI OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES
MENU DAY 5 Wed Oct 14	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST	VARIETY SCONES fresh baked FRENCH TOAST YOGURT BAR FRESH FRUIT	QUICHE LORRAINE MEATLOAF LIMA BEANS RED SKIN POTATOES BOILED OKRA MASHED POTATOES
MENU DAY 6 Thurs Oct 15	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CINNAMON ROLLS fresh baked FRESH FRUIT YOGURT BAR	GARLICK CHICKEN OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES
MENU DAY 7 Fri Oct 16	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL	CRANORANGE MUFFINS fresh baked FRESH FRUIT YOGURT BAR	CRISPY CUTLET SANDWICH HAMBURGER STEAK BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIE BLEND

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE