STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Oct 31st – Nov 6th

DATE	BREAKFAST	LUNCH Menu 1
MENU DAY 3 **Sat Oct 31**	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL BLUEBERRY MUFFINS fresh baked FRESH FRUIT	SPAGHETTI over NOODLES POT ROAST, LF CARROTS, GLAZED or LF BROCCOLI, LF or w/Cheese MASHED POTATOES BROCCOLI, FF or with Cheese Sauce CREAM CORN GARLIC BREAD
MENU DAY 4 **Sun Nov 1**	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL VARIETY SCONES fresh baked FRESH FRUIT HASH BROWNS	OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES RICE PILAF
MENU DAY 1 **Mon Nov 2**	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL CRANORANGE MUFFINS FRESH FRUIT YOGURT BAR	PIZZA SLIDERS OVEN FRIED CHICKEN TENDERS BAKED CHICKEN, LF BROCCOLI, LF or w/Cheese MASHED POTATOES RICE, FF w/Gravy CREAM CORN CHIPS
MENU DAY 2 **Tue Nov 3**	BACON SAUSAGE SCRAMBLED EGGS SCRM. EGGS w/CHEESE GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL BLUEBERRY MUFFINS fresh baked FRESH FRUIT YOGURT BAR	PECAN CRUSTED TILAPIA BBQ PORK on BUN PORK ROAST, LF BRUNSWICK STEW ROASTED POTATOES GRILLED YELLOW SQUASH ENGLISH PEAS CHIPS SPINACH
MENU DAY 5 **Wed Nov 4**	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL PANCAKES WHITE/WHEAT TOAST VARIETY COLD CEREAL APPLE TURNOVERS fresh baked YOGURT BAR FRESH FRUIT	SWEET & SOUR CHICKEN over WHITE RICE MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES BOILED OKRA EGG ROLLS CORN on COB
MENU DAY 6 **Thurs Nov 5**	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL CINNAMON ROLLS fresh baked FRESH FRUIT YOGURT BAR	BOURBON BEEF TIPS OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES CARROTS, FF or Glazed WHOLE KERNEL CORN GREEN BEANS HUSH PUPPIES
MENU DAY 7 **Fri Nov 6**	LINK SAUSAGE BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL BLUEBERRY MUFFINS fresh baked BKFT EGG ROLL FRESH FRUIT YOGURT BAR	HAMBURGERS GARDEN BURGERS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIES FRENCH FRIES MASHED POTATOES CORN on COB

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