

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Sept 12th – Sept 18th

DATE	BREAKFAST	LUNCH	Menu 2
MENU DAY 2 Sat Sept 12	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	CHIPS COLESLAW SPINACH
MENU DAY 1 Sun Sept 13	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL FRESH FRUIT CINNAMON ROLLS fresh baked	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 Sept 14	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	GARLIC BREAD CREAM CORN
MENU DAY 4 Tue Sept 15	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	BEEF OR CHICKEN TACOS OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	RICE PILAF
MENU DAY 5 Wed Sept 16	BACON SAUSAGE LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST FRENCH TOAST VARIETY SCONES fresh baked YOGURT BAR FRESH FRUIT	BROCCOLI CHICKEN ALFREDO MEATLOAF LIMA BEANS RED SKIN POTATOES BOILED OKRA MASHED POTATOES	GARLIC BREAD CORN on COB
MENU DAY 6 Thurs Sept 17	BACON COUNTRY HAM SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL CINNAMON ROLLS fresh baked FRESH FRUIT YOGURT BAR	FRENCH DIP SANDWICH OVEN FRIED COD BAKED CATFISH BAKED POTATO BROCCOLI NORMANDY CARROTS, glazed or LF MASHED POTATOES	GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri Sept 18	BACON SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL WHITE/WHEAT TOAST VARIETY COLD CEREAL CRANORANGE MUFFINS fresh baked FRESH FRUIT YOGURT BAR	PEPPERONI OR CHEESE PIZZA HAMBURGER STEAKS BAKED HAM TURNIP GREENS BAKED SWEET POTATO CAPRI VEGGIE BLEND	MASHED POTATOES CORN on COB PINTOS MEXICAN CORNBREAD

LF = LOW or LOWER FAT

MENU SUBJECT TO CHANGE WITHOUT NOTICE