

STEPHENS COUNTY HOSPITAL, CAFETERIA MENU Sept 5th – Sept 11th

DATE	BREAKFAST	LUNCH	Menu 1
MENU DAY 1 Sat Sept 5	BACON BLUEBERRY MUFFIN SAUSAGE fresh baked 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 Sept 6	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 Sept 7	BACON BLUEBERRY MUFFINS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BBQ SPARE RIBS POT ROAST, LF MACARONI & CHEESE CAPRI BLEND VEGGIES MASHED POTATOES BROCCOLI, FF or with Cheese Sauce WHOLE KERNEL CORN	
MENU DAY 4 Tue Sept 8	BACON CRANORANGE MUFFINS SAUSAGE fresh baked SCRAMBLED EGGS SCRM. EGGS w/CHEESE HASH BROWNS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	BEEF TIPS OVER NOODLES OVEN FRIED PORK CHOPS GRILLED PORK CHOPS ENGLISH PEAS STEAMED CABBAGE BABY CARROTS MASHED POTATOES	RICE PILAF
MENU DAY 5 Wed Sept 9	BACON APPLE TURNOVERS SAUSAGE fresh baked LINK SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRENCH TOAST STICKS YOGURT BAR WHITE/WHEAT TOAST FRESH FRUIT VARIETY COLD CEREAL	CHICKEN FILLET SANDWICH MEATLOAF LIMA BEANS RED SKIN POTATOES BROCCOLI NORMANDY MASHED POTATOES CARROTS, FF or Glazed	CHIPS CORN on COB TATER TOTS
MENU DAY 6 Thurs Sept 10	BACON CINNAMON ROLLS COUNTRY HAM fresh baked SAUSAGE SCRAMBLED EGGS GRITS/OATMEAL FRESH FRUIT WHITE/WHEAT TOAST YOGURT BAR VARIETY COLD CEREAL	OVEN ROASTED TURKEY CORNBREAD DRESSING OVEN FRIED COD BAKED CATFISH BAKED POTATO MASHED POTATOES BROCCOLI, LF or w/cheese sauce	YEAST ROLLS CREAM CORN GREEN BEANS HUSH PUPPIES
MENU DAY 7 Fri Sept 11	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