

EAST CENTRAL REGIONAL HOSPITAL 28 Day Cyclic Menu

MASTER MENU – REVISED: September 28, 2015

APPROVED: , Cheryl S. Bragg, MSA,RD, CSO, LD

<i>SUNDAY</i> 11-29-2015	<i>MONDAY</i> 11-30	<i>TUESDAY</i> 12-1	<i>WEDNESDAY</i> 12-3	<i>THURSDAY</i> 12-3	<i>FRIDAY</i> 12-4	<i>SATURDAY</i> 12-5
Cranberry Juice Scrambled Eggs w/Ham Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Pancakes Sliced Bacon Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Ham Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sausage Links Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Chicken Cordon Bleu Egg Noodles/Gravy Steamed Broccoli Waldorf Salad Roll/Margarine Blueberry Crunch Iced Tea/2% Milk	Italian Style Veal Stk Rice Pilaf Gravy Carrots Tossed Salad/Drsg. Wheat Roll/Marg Peach Crunch Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/SI Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Risssole Potatoes Broccoli Carrot/Raisin Salad Roll/Margarine Heavenly Hash Ice Tea/2% Milk	Meatloaf Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrizzini Carrots Tossed Salad w/Drsg Garlic Bread P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Squash Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld Cornbread/Marg Fresh Fruit Iced Tea	*Fried Fish Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea *Broiled Pollock as 2nd choice in Cafeteria ONLY	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	Cantonese Spareribs Filipino Fried rice Stir Fried Cabbage Pineapple Cole Slaw Bread/Margarine Apricot Halves Iced Tea
<i>DAY 8</i>	<i>DAY 9</i>	<i>DAY 10</i>	<i>DAY 11</i>	<i>DAY 12</i>	<i>DAY 13</i>	<i>DAY 14</i>

EMPLOYEE DINING ROOM SERVING SCHEDULE:

AUGUSTA CAMPUS:

BREAKFAST: 7:00 AM – 8:00 AM
LUNCH: 11:30 AM – 1:00 PM
SUPPER: 4:30 PM – 5:30 PM

GRACEWOOD CAMPUS:

BREAKFAST: 6:30 AM – 8:15 AM
LUNCH: 11:00 AM – 1:30 PM
SUPPER: 4:30 PM – 6:00 PM

NOTE: CENTRAL KITCHEN CANNOT ACCEPT \$20.00 BILLS FOR PAYMENT OF MEALS ON EITHER CAMPUS

MENU ITEMS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

PLEASE POST/DISTRIBUTE AS NEEDED.

EAST CENTRAL REGIONAL HOSPITAL 28 Day Cyclic Menu

MASTER MENU – REVISED: September 28, 2015

APPROVED:, Cheryl S. Bragg, MSA,RD, CSO, LD

<i>SUNDAY</i> 12-6-2015	<i>MONDAY</i> 12-7	<i>TUESDAY</i> 12-8	<i>WEDNESDAY</i> 12-9	<i>THURSDAY</i> 12-10	<i>FRIDAY</i> 12-11	<i>SATURDAY</i> 12-12
Banana Scrambled Eggs w/Sausage Bits Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sliced Ham Grits Biscuit/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Apple Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Corn Collard Greens Carrot/Raisin Salad Bread/Margarine Peach Slices Iced Tea / 2% Milk	Fried Chicken Au Gratin Potatoes Mixed Vegetables Lettuce/Tomato Sld w/Drsg Wheat Roll/Marg Oatmeal/Raisin Cookies Iced Tea/2% Milk	Roast Pork Gravy Cnd Swt Potatoes Field Peas Pickled Beet/Onion Salad Cornbread/Marg Cake/Icing Iced Tea/2% Milk	Chicken Fajitas Spanish Rice Refried Beans Combination Salad w/Drsg Tortilla Sugar Cookies Iced Tea /2% Milk	Spaghetti w/ Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea	Fr Catfish Fillets Macaroni & Cheese Southern Gr Beans Hushpuppies/Marg Bread Pudding Iced Tea/2% Milk	Pepper Steak Rice Broccoli Pear/Cheese Salad Bread/Margarine Chocolate Pudding Iced Tea/2% Milk
Fried Fish 'N Bun Tartar Sauce Spanish Rice Green Beans Coleslaw Sherbet Iced Tea	Hamburger 'n Bun Sliced Cheese Catsup/Must/Mayo Sliced Pickles Fried Onion Rings Baked Beans Lett/Tomato Sld Pound Cake Iced Tea	Chuckwagon Steak Cream Gravy Mashed Potatoes Calif Mixed Vegt Shredded Lett/Drsg Bread/Margarine Pears Iced Tea	BBQ Pork w/Bun Spinach Potato Salad Peach/Pear Mix Iced Tea	Turkey Pot Pie Steamed Carrots Shred Lett w/Drsg Bread/Margarine Brownie Iced Tea	Chicken Parmesan Buttered Squash Baked Potato Sliced Peaches Roll/Margarine Ice Cream Iced Tea/2% Milk	Hot Dog 'n Bun Must/Catsup/Onion Baked Beans Coleslaw P'Butter Cookies Iced Tea
<i>DAY 15</i>	<i>DAY 16</i>	<i>DAY 17</i>	<i>DAY 18</i>	<i>DAY 19</i>	<i>DAY 20</i>	<i>DAY 21</i>

EMPLOYEE DINING ROOM SERVING SCHEDULE:

AUGUSTA CAMPUS:

BREAKFAST: 7:00 AM – 8:00 AM
LUNCH: 11:30 AM – 1:00 PM
SUPPER: 4:30 PM – 5:30 PM

GRACEWOOD CAMPUS:

BREAKFAST: 6:30 AM – 8:15 AM
LUNCH: 11:00 AM – 1:30 PM
SUPPER: 4:30 PM – 6:00 PM

NOTE: CENTRAL KITCHEN CANNOT ACCEPT \$20.00 BILLS FOR PAYMENT OF MEALS ON EITHER CAMPUS

MENU ITEMS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

PLEASE POST/DISTRIBUTE AS NEEDED.

EAST CENTRAL REGIONAL HOSPITAL 28 Day Cyclic Menu

MASTER MENU – REVISED: September 28, 2015

APPROVED:, Cheryl S. Bragg, MSA,RD, CSO, LD

SUNDAY 12-13-2015	MONDAY 12-14	TUESDAY 12-15	WEDNESDAY 12-16	THURSDAY 12-17	FRIDAY 12-18	SATURDAY 12-19
Cranberry Juice Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Apple Juice Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk	Cranberry Juice Scrambled Eggs w/ Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs Sausage Patty Grits Toast/Marg/Jelly Coffee/2% Milk
Baked Ham Oven Browned Potatoes Seas Turnip Greens Cucumber/Vinegar Salad Bread/Marg Ice Cream Iced Tea/2% Milk	Beef Noodle Soup Grilled Steak w/ Sce Baked Potato Green Beans Golden Glow Salad Roll/Margarine Oatmeal Raisin Cookie Iced Tea/2% Milk	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Smothered Pk Chop Rice Gravy Green Beans Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk	*Fr Fish/ Tar Sau Scalloped Potatoes Steamed Cabbage Sli Tomato w/Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk *Broiled Pollock as 2nd choice in Empl Cafe ONLY	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/Margarine Sugar Cookies Iced Tea/2% Milk	Hamburger Steak Gravy Snowflake Potato Green Peas Tomato Sld/Drsg Roll/Margarine Vanilla Pudding/ Topping Iced Tea/2% Milk
Chili Con Carne Rice Corn Shred Lettuce/Drsg Saltine Crackers Sliced Peaches Iced Tea	Parmesan Fish Oven Glow Potatoes Seas Lima Beans Bread/Margarine Sherbet Iced Tea	Sloppy Joe 'n Bun French Fries Green Peas Green Salad w/Drsg P'Butter Cookies Iced Tea	Hot Dog / Bun Baked Beans Coleslaw Chocolate Pudding Iced Tea	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Yakisoba Hamburger w/Spaghetti Turnip Greens Potato Wedges Sliced Tomato Salad w/ Drsg Roll/Margarine Cake w/ Icing Iced Tea	Vegetable Soup Cold Cuts: Turkey Bologna Sliced Cheese Must/Mayo Sliced Tomato Bread/Crackers Potato Salad Sweet Potato Pie Iced Tea
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28

EMPLOYEE DINING ROOM SERVING SCHEDULE:

AUGUSTA CAMPUS:

BREAKFAST: 7:00 AM – 8:00 AM
LUNCH: 11:30 AM – 1:00 PM
SUPPER: 4:30 PM – 5:30 PM

GRACEWOOD CAMPUS:

BREAKFAST: 6:30 AM – 8:15 AM
LUNCH: 11:00 AM – 1:30 PM
SUPPER: 4:30 PM – 6:00 PM

NOTE: CENTRAL KITCHEN CANNOT ACCEPT \$20.00 BILLS FOR PAYMENT OF MEALS ON EITHER CAMPUS PLEASE POS/DISTRIBUTE AS NEEDED

EAST CENTRAL REGIONAL HOSPITAL 28 Day Cyclic Menu

MASTER MENU – REVISED: September 28, 2015

APPROVED: , Cheryl S. Bragg, MSA, RD, CSO, LD

SUNDAY 12-20-2015	MONDAY 12-21	TUESDAY 12-22	WEDNESDAY 12-23	THURSDAY 12-24	FRIDAY 12-25	SATURDAY 12-26
Orange Juice	Banana	Cranberry Juice	Orange Juice	Grape Juice	Apple Juice	Grape Juice

Scrambled Eggs w/ Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Scrambled Eggs w/ Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Scrambled Eggs w/Cheese Grits Toast/Marg/Jelly Coffee/2% Milk
Spaghetti Meat Sauce Parmesan Cheese Green Beans Tossed Salad w/Drsg Garlic Bread Pears Iced Tea/2% Milk	Chinese Five Spice Chicken Steamed Rice/Gravy Buttered Cauliflower Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Roast Pork Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Lasagna Mixed Vegetables Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Pineapple Chicken Orange Rice Prince Edward VEGS. Tomato Salad Roll/Margarine Gingerbread Iced Tea/2% Milk 	Baked Ham Mashed Pot./Gravy Seas. Collard Greens Pear/Cheese Salad Cornbread/Marg Christmas Dessert Iced Tea/2% Milk 	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Coleslaw Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Jaegerschnitel (veal) w/Brown Gravy O'Brien Potatoes Seasoned Carrots Waldorf Salad Spinach Salad Bread/Margarine Cherry Crisp Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Pork Chop Suey Steamed Rice Seasoned Succotash Coleslaw Roll/ Margarine Brownies Iced Tea/2% Milk	Roast Beef Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Turkey Noodle Cass. Broccoli Pears ** Bread/Margarine Choc Chip Cookies Iced Tea **Augusta Campus = Fruit Cocktail [MONTH OF XX]	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Applesauce Iced Tea
<i>DAY 1</i>	<i>DAY 2</i>	<i>DAY 3</i>	<i>DAY 4</i>	<i>DAY 5</i>	<i>DAY 6</i>	<i>DAY 7</i>

EMPLOYEE DINING ROOM SERVING SCHEDULE:

AUGUSTA CAMPUS:

BREAKFAST: 7:00 AM – 8:00 AM
LUNCH: 11:30 AM – 1:00 PM
SUPPER: 4:30 PM – 5:30 PM

GRACEWOOD CAMPUS:

BREAKFAST: 6:30 AM – 8:15 AM
LUNCH: 11:00 AM – 1:30 PM
SUPPER: 4:30 PM – 6:00 PM

NOTE: CENTRAL KITCHEN CANNOT ACCEPT \$20.00 BILLS FOR PAYMENT OF MEALS ON EITHER CAMPUS

MENU ITEMS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

PLEASE POST/DISTRIBUTE AS NEEDED.

EAST CENTRAL REGIONAL HOSPITAL 28 Day Cyclic Menu

MASTER MENU – REVISED: September 28, 2015

APPROVED: Cheryl S. Bragg, MSA, RD, CSO, LD

<i>SUNDAY</i> <i>12-27-2015</i>	<i>MONDAY</i> <i>12-28</i>	<i>TUESDAY</i> <i>12-29</i>	<i>WEDNESDAY</i> <i>12-30</i>	<i>THURSDAY</i> <i>12-31</i>	<i>FRIDAY</i> <i>1-1-2016</i>	<i>SATURDAY</i> <i>1-2-2016</i>
Cranberry Juice Scrambled Eggs w/Ham Bits	Banana Scrambled Eggs Sliced Bacon	Orange Juice Pancakes Sliced Bacon	Grape Juice Scrambled Eggs Sausage Patty	Apple Juice Scrambled Eggs Sliced Ham	Orange Juice Scrambled Eggs Sliced Bacon	Apple Juice Scrambled Eggs Sausage Links

Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grits Toast/Marg/Jelly Coffee/2% Milk	Dry Cereal Margarine/Syrup Coffee/2% Milk	Grits Biscuit/Marg/Jelly Coffee/2% Milk	Grits Toast/Marg/Jelly Coffee/2% Milk	Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Dry Cereal Toast/Marg/Jelly Coffee/2% Milk
Chuckwagon Steak Cream Gravy Mashed Potatoes Collard Greens Sli Tomato Salad Roll/Margarine Peaches Iced Tea/2% Milk	Chicken Cordon Bleu Egg Noodles/Gravy Steamed Broccoli Waldorf Salad Roll/Margarine Blueberry Crunch Iced Tea/2% Milk	Italian Style Veal Stk Rice Pilaf Gravy Carrots Tossed Salad/Drsg. Wheat Roll/Marg Peach Crunch Iced Tea/2% Milk	Hamburger w/Bun Must/Catsup/Mayo Dill Chip/SI Onion French Fries Sli Tom/Lett Salad w/Mayonnaise Gingerbread Iced Tea/2% Milk	Red Beans & Rice Mixed Vegetables Lettuce Sld w/Drsg Bread/Margarine Vanilla Pudding Iced Tea/2% Milk	Baked Chicken Field Peas Rice Greens Carrot/Raisin Salad Cornbread/Marg Heavenly Hash Ice Tea/2% Milk	Meatloaf Brown Gravy Snowflake Potato Green Peas Pineapple Tidbits Roll/Margarine Ice Cream Iced Tea/2% Milk
Chicken Tetrzzini Carrots Tossed Salad w/Drsg Garlic Bread P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Squash Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea	Fried Chicken Au Gratin Potatoes Green Beans Shred Lettuce/Drsg Bread/Margarine Apricots Iced Tea	Roast Turkey Gravy Sweet Potatoes Seas Turnip Greens Copper Penny Sld Cornbread/Marg Fresh Fruit Iced Tea	Fried Fish/Tartar Sce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea 	Vegetable Soup Cold Cuts: Turkey Roll/Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea 	Cantonese Spareribs Filipino Fried rice Stir Fried Cabbage Pineapple Cole Slaw Bread/Margarine Apricot Halves Iced Tea
<i>DAY 8</i>	<i>DAY 9</i>	<i>DAY 10</i>	<i>DAY 11</i>	<i>DAY 12</i>	<i>DAY 13</i>	<i>DAY 14</i>

EMPLOYEE DINING ROOM SERVING SCHEDULE:

AUGUSTA CAMPUS:

BREAKFAST: 7:00 AM – 8:00 AM
LUNCH: 11:30 AM – 1:00 PM
SUPPER: 4:30 PM – 5:30 PM

GRACEWOOD CAMPUS:

BREAKFAST: 6:30 AM – 8:15 AM
LUNCH: 11:00 AM – 1:30 PM
SUPPER: 4:30 PM – 6:00 PM

NOTE: CENTRAL KITCHEN CANNOT ACCEPT \$20.00 BILLS FOR PAYMENT OF MEALS ON EITHER CAMPUS

MENU ITEMS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

PLEASE POST/DISTRIBUTE AS NEEDED.