

# EAST CENTRAL REGIONAL HOSPITAL

December 2014

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

<i>SUNDAY</i> 11/30/2014	<i>MONDAY</i> 12/1/2014	<i>TUESDAY</i> 12/2/2014	<i>WEDNESDAY</i> 12/3/2014	<i>THURSDAY</i> 12/4/2014	<i>FRIDAY</i> 12/5/2014	<i>SATURDAY</i> 12/6/2014
Orange Juice Scrambled Eggs w/ Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice 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	Roast Pork Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbreadl/Marg Cake/Icing Iced Tea/2% Milk  <b>Augusta Campus Christmas Tree Lighting 5:00 PM</b>	Lasagna Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk  <b>Christmas Parade On Gracewood Campus 1:30 PM</b>	Meatloaf Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Baked Pork Chops Rice with Gravy Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk <b>**Augusta Campus= Fruit Cocktail</b>	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	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef Gravy Noodles Green Beans Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears Saltine Crackers Choc Chip Cookies Iced Tea  <b>**GRACEWOOD Employees Certification Celebration ****</b>	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**  
 December 2014

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

<i>SUNDAY</i> 12/7/2014	<i>MONDAY</i> 12/8/2014	<i>TUESDAY</i> 12/9/2014	<i>WEDNESDAY</i> 12/10/2014	<i>THURSDAY</i> 12/11/2014	<i>FRIDAY</i> 12/12/2014	<i>SATURDAY</i> 12/13/2014
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	Pepper Steak Steamed Rice Squash Tossed Salad/Drsg Roll/Margarine Brownie/Icing Iced Tea/2% Milk	Roast Beef Gravy Egg Noodles Carrots Applesauce Wheat Roll/Marg Cake w/ Icing 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 Rissolle 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 Tetrzzini Carrots Tossed Salad w/Drsg Garlic Bread P'Butter Cookies Iced Tea	Bkd Rigatoni/Beef Broccoli 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	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Banana Pudding Iced Tea	*Fried Fish Tartar Sauce Spanish Rice Okra Green Salad w/Drsg Bread/Margarine Apple Crisp Iced Tea <b>*Broiled Pollock as 2<sup>nd</sup> choice in Employee Cafeteria ONLY</b>	Turkey Salad Saltine Crackers Pickled Beet Salad 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  
December 2014**

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

<i>SUNDAY 12/14/2014</i>	<i>MONDAY 12/15/2014</i>	<i>TUESDAY 12/16/2014</i>	<i>WEDNESDAY 12/17/2014</i>	<i>THURSDAY 12/18/2014</i>	<i>FRIDAY 12/19/2014</i>	<i>SATURDAY 12/20/2014</i>
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	Spaghetti w/ Meat Sauce Parmesan Cheese Calif Mixed Vegt Tossed Sld w/Drsg Bu Garlic Toast Pineapple Upside Down Cake Iced Tea /2% Milk	Baked Chicken Macaroni / Cheese Seas Turnip Greens Sliced Peaches Cornbread/Marg Ice Cream Iced Tea/2% Milk  <b>AC Christmas Ball 1PM</b>	Roast Beef Gravy Mashed Potatoes Seasoned Squash Peach/Pear Mix Roll/Margarine 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 w/ Drsg 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	Ham Ndl Casserole Garden Peas Copper Penny Sld Bread/Margarine Sugar Cookies Iced Tea	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  
December 2014**

<i>SUNDAY 12/21/2014</i>	<i>MONDAY 12/22/2014</i>	<i>TUESDAY 12/23/2014</i>	<i>WEDNESDAY 12/24/2014</i>	<i>THURSDAY 12/25/2014</i>	<i>FRIDAY 12/26/2014</i>	<i>SATURDAY 12/27/2014</i>
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	*Fried Fish Tartar Sauce Scalloped Potatoes Steamed Cabbage Sliced Tomato w/ Mayo Cornbread/Marg Cake w/Icing Iced Tea/2% Milk  *Broiled Pollock as 2 <sup>nd</sup> choice in Employee Cafeteria ONLY	Baked Chicken Rice w/Gravy Broccoli Sliced Tomato Salad Roll/Margarine Sweet Potato Pie Iced Tea/2% Milk	Roast Beef Gravy Egg Noodles Carrots Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake Iced Tea/2% Milk  	Chicken Cordon Bleu Cranberry Sauce Cornbrd Dres/Gravy Prince Edward Vegetables Red Gelatin w/Peaches Roll / Margarine Red Velvet Cake  	BBQ Pork 'N Bun French Fries Green Beans Coleslaw Pineapple Upside Down Cake 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	Turkey Noodle Cass Sea Collard Greens Tossed Salad Bread/Margarine Ice Cream Iced Tea	Beef Noodle Cass. w/Cheese Topping Seasoned Squash Tossed Salad/Drsg 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	Fried Chicken Macaroni / Cheese Broccoli Lett/Tom Sld/Drsg Roll/Margarine Sugar Cookies Iced Tea	Chicken Salad Saltine Crackers Copper Penny Sld Bread/Margarine Fruit Cup Iced Tea
<i>DAY 22</i>	<i>DAY 23</i>	<i>DAY 24</i>	<i>DAY 25</i>	<i>DAY 26</i>	<i>DAY 27</i>	<i>DAY 28</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**

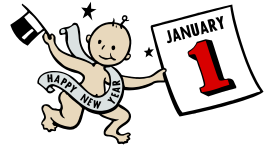
**MENU ITEMS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**

**Please Post and Distribute as needed.**

# EAST CENTRAL REGIONAL HOSPITAL

December 2014/January 2015

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

<i>SUNDAY</i> 12/28/2014	<i>MONDAY</i> 12/29/2014	<i>TUESDAY</i> 12/30/2014	<i>WEDNESDAY</i> 12/31/2014	<i>THURSDAY</i> 1/1/2015	<i>FRIDAY</i> 1/2/2015	<i>SATURDAY</i> 1/3/2015
Orange Juice Scrambled Eggs w/ Ham Bits Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Banana Scrambled Eggs Sliced Bacon Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Cranberry Juice Scrambled Eggs Sausage Patty Grits Biscuit/Marg/Jelly Coffee/2% Milk	Orange Juice Scrambled Eggs Bacon Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grape Juice Scrambled Eggs w/ Cheese Grits Cinnamon Roll Margarine Coffee/2% Milk	Apple Juice Waffles Sausage Links Dry Cereal Margarine/Syrup Coffee/2% Milk	Grape Juice 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	Roast Pork Brown Gravy Steamed Rice Broccoli Lettuce Sld w/Drsg Bread/Margarine Banana Pudding w/Topping Iced Tea/2% Milk	Meatloaf Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread Iced Tea/2% Milk	Lasagna Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Baked Ham Hoppin John Seas. Collard Greens Pears Cornbreadl/Marg Cake/Icing Iced Tea/2% Milk 	Fried Fish French Fries Green Beans Coleslaw Applesauce Chocolate Pudding Iced Tea/2% Milk	Baked Chicken Oven Brown Potatoes Calif Mixed Vegt Tomato Sld/Drsg Roll/Margarine Ice Cream Iced Tea/2% Milk
Polish Sausage/Bun Diced Onion/Relish/ Mustard Baked Beans Coleslaw Pineapple Tidbits Iced Tea	Vegetable Soup Cold Cuts: Turkey Roll Bologna Sliced Cheese Must/Mayonnaise Sliced Tomato Potato Salad Bread/Crackers Sweet Potato Pie Iced Tea	Tuna Ndl Casserole Calif Mixed Vegt Shred Lettuce/Drsg Bread/Margarine Apricot Halves Iced Tea	Hot Dog 'N Bun Must/Catsup/Onion Baked Beans Coleslaw Brownies Iced Tea	Roast Beef Gravy Noodles Broccoli Tossed Salad w/Drsg Bread/Margarine Peaches Iced Tea	Chili Mac Corn Pears Saltine Crackers Choc Chip Cookies Iced Tea	Taco Pie White Rice Spinach Shred Lettuce/Drsg Bread/Margarine Fruit 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.**