

## 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><br>1-17-2016   | <i>MONDAY</i><br>1-18   | <i>TUESDAY</i><br>1-19  | <i>WEDNESDAY</i><br>1-20  | <i>THURSDAY</i><br>1-21  | <i>FRIDAY</i><br>1-22  | <i>SATURDAY</i><br>1-23  |
|--|---|---|---|--|--|--|
| Orange Juice<br>Scrambled Eggs w/<br>Ham Bits<br>Oatmeal<br>Toast/Marg/Jelly<br>Coffee/2% Milk                                   | Banana<br>Scrambled Eggs<br>Sliced Bacon<br>Dry Cereal<br>Toast/Marg/Jelly<br>Coffee/2% Milk  | Cranberry Juice<br>Scrambled Eggs<br>Sausage Patty<br>Grits<br>Biscuit/Marg/Jelly<br>Coffee/2% Milk                           | Orange Juice<br>Scrambled Eggs<br>Bacon<br>Hash Brwn Potatoes<br>Toast/Marg/Jelly<br>Coffee/2% Milk             | Grape Juice<br>Scrambled Eggs w/<br>Cheese<br>Grits<br>Cinnamon Roll<br>Margarine<br>Coffee/2% Milk                          | Apple Juice<br>Waffles<br>Sausage Links<br>Dry Cereal<br>Margarine/Syrup<br>Coffee/2% Milk   | Grape Juice<br>Scrambled Eggs<br>w/Cheese<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk                                   |
| Spaghetti<br>Meat Sauce<br>Parmesan Cheese<br>Green Beans<br>Tossed Salad<br>w/Drsg<br>Garlic Bread<br>Pears<br>Iced Tea/2% Milk | Chinese Five Spice<br>Chicken<br>Steamed Rice/Gravy<br>Buttered Cauliflower<br>Peaches**<br>Roll/Margarine<br>Oatmeal/Raisin<br>Cookies<br>Iced Tea/2% Milk<br><b>**Augusta Campus =<br/>Fruit Cocktail</b> | Baked Ham<br>Mashed Potatoes<br>Seas. Collard Greens<br>Pear/Cheese Salad<br>Cornbread/Marg<br>Cake/Icing<br>Iced Tea/2% Milk | Lasagna<br>Mixed Vegetables<br>Combination Salad<br>w/Drsg<br>Garlic Bread<br>Peach Cobbler<br>Iced Tea/2% Milk | Pineapple Chicken<br>Orange Rice<br>Prince Edw Veggies.<br>Tomato Salad<br>Roll/Margarine<br>Gingerbread<br>Iced Tea/2% Milk | Roast Pork<br>Brown Gravy<br>Steamed Rice<br>Broccoli<br>Lettuce Sld w/Drsg<br>Bread/Margarine<br>Banana Pudding<br>w/Topping<br>Iced Tea/2% Milk    | Baked Chicken<br>Oven Brown<br>Potatoes<br>Calif Mixed Vegt<br>Coleslaw<br>Roll/Margarine<br>Ice Cream<br>Iced Tea/2% Milk |
| Polish Sausage/Bun<br>Diced Onion/Relish/<br>Mustard<br>Baked Beans<br>Coleslaw<br>Pineapple Tidbits<br>Iced Tea                 | Jaegerschnitel (veal)<br>w/Brown Gravy<br>O'Brien Potatoes<br>Seasoned Carrots<br>Waldorf Salad<br>Spinach Salad<br>Bread/Margarine<br>Cherry Crisp<br>Iced Tea   | Tuna Ndl Casserole<br>Calif Mixed Vegt<br>Shred Lettuce/Drsg<br>Bread/Margarine<br>Apricot Halves<br>Iced Tea                 | Pork Chop Suey<br>Steamed Rice<br>Seasoned Succotash<br>Coleslaw<br>Roll<br>Brownies<br>Iced Tea                | Roast Beef<br>Gravy<br>Noodles<br>Green Beans<br>Tossed Salad<br>w/Drsg<br>Bread/Margarine<br>Peaches<br>Iced Tea            | Chili Mac<br>Corn<br>Pears **<br>Saltine Crackers<br>Choc Chip Cookies<br>Iced Tea<br><b>**Augusta Campus =<br/>Fruit Cocktail<br/>[MONTH OF XX]</b> | Taco Pie<br>White Rice<br>Spinach<br>Shred Lettuce/Drsg<br>Bread/Margarine<br>Applesauce<br>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><br>1-24-2016  | <i>MONDAY</i><br>1-25   | <i>TUESDAY</i><br>1-26  | <i>WEDNESDAY</i><br>1-27   | <i>THURSDAY</i><br>1-28   | <i>FRIDAY</i><br>1-29   | <i>SATURDAY</i><br>1-30  |
|---|---|---|--|---|---|--|
| Cranberry Juice<br>Scrambled Eggs<br>w/Ham Bits<br>Dry Cereal<br>Toast/Marg/Jelly<br>Coffee/2% Milk                                       | Banana<br>Scrambled Eggs<br>Sliced Bacon<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk   | Orange Juice<br>Pancakes<br>Sliced Bacon<br>Dry Cereal<br>Margarine/Syrup<br>Coffee/2% Milk   | Grape Juice<br>Scrambled Eggs<br>Sausage Patty<br>Grits<br>Biscuit/Marg/Jelly<br>Coffee/2% Milk  | Apple Juice<br>Scrambled Eggs<br>Sliced Ham<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk  | Orange Juice<br>Scrambled Eggs<br>Sliced Bacon<br>Hash Brwn Potatoes<br>Toast/Marg/Jelly<br>Coffee/2% Milk  | Apple Juice<br>Scrambled Eggs<br>Sausage Links<br>Dry Cereal<br>Toast/Marg/Jelly<br>Coffee/2% Milk   |
| Chuckwagon Steak<br>Cream Gravy<br>Mashed Potatoes<br>Collard Greens<br>Sli Tomato Salad<br>Roll/Margarine<br>Peaches<br>Iced Tea/2% Milk | Chicken Cordon Bleu<br>Egg Noodles/Gravy<br>Steamed Broccoli<br>Waldorf Salad<br>Roll/Margarine<br>Blueberry Crunch<br>Iced Tea/2% Milk | Italian Style Veal Stk<br>Rice Pilaf<br>Gravy<br>Carrots<br>Tossed Salad/Drsg.<br>Wheat Roll/Marg<br>Peach Crunch<br>Iced Tea/2% Milk | Hamburger w/Bun<br>Must/Catsup/Mayo<br>Dill Chip/SI Onion<br>French Fries<br>Sli Tom/Lett Salad<br>w/Mayonnaise<br>Gingerbread<br>Iced Tea/2% Milk | Red Beans & Rice<br>Mixed Vegetables<br>Lettuce Sld w/Drsg<br>Bread/Margarine<br>Vanilla Pudding<br>Iced Tea/2% Milk  | Baked Chicken<br>Rissolle Potatoes<br>Broccoli<br>Carrot/Raisin Salad<br>Roll/Margarine<br>Heavenly Hash<br>Ice Tea/2% Milk   | Meatloaf<br>Brown Gravy<br>Snowflake Potato<br>Green Peas<br>Pineapple Tidbits<br>Roll/Margarine<br>Ice Cream<br>Iced Tea/2% Milk              |
| Chicken Tetrizzini<br>Carrots<br>Tossed Salad<br>w/Drsg<br>Garlic Bread<br>P'Butter Cookies<br>Iced Tea                                   | Bkd Rigatoni/Beef<br>Squash<br>Pickled Beet Salad<br>Bread/Margarine<br>Apple Crisp<br>Iced Tea   | Fried Chicken<br>Au Gratin Potatoes<br>Green Beans<br>Shred Lettuce/Drsg<br>Bread/Margarine<br>Apricots<br>Iced Tea                   | Roast Turkey<br>Gravy<br>Sweet Potatoes<br>Seas Turnip Greens<br>Copper Penny Sld<br>Cornbread/Marg<br>Fresh Fruit<br>Iced Tea                     | Vegetable Soup<br>Cold Cuts:<br>Turkey Roll<br>Bologna<br>Sliced Cheese<br>Must/Mayonnaise<br>Sliced Tomato<br>Potato Salad<br>Bread/Crackers<br>Banana Pudding<br>Iced Tea | *Fried Fish<br>Tartar Sauce<br>Spanish Rice<br>Okra<br>Green Salad w/Drsg<br>Bread/Margarine<br>Apple Crisp<br>Iced Tea<br><b>*Broiled Pollock<br/>as 2<sup>nd</sup> choice in<br/>Cafeteria ONLY</b> | Cantonese<br>Spareribs<br>Filipino Fried rice<br>Stir Fried Cabbage<br>Pineapple Cole<br>Slaw<br>Bread/Margarine<br>Apricot Halves<br>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**

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## 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><br>1-3-2016   | <i>MONDAY</i><br>1-4  | <i>TUESDAY</i><br>1-5  | <i>WEDNESDAY</i><br>1-6   | <i>THURSDAY</i><br>1-7   | <i>FRIDAY</i><br>1-8   | <i>SATURDAY</i><br>1-9  |
|---|---|--|---|--|--|---|
| Banana<br>Scrambled Eggs<br>w/Sausage Bits<br>Dry Cereal<br>Toast/Marg/Jelly<br>Coffee/2% Milk                      | Grape Juice<br>Scrambled Eggs<br>Bacon<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk   | Orange Juice<br>Scrambled Eggs w/<br>Cheese<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk   | Cranberry Juice<br>Scrambled Eggs<br>Sliced Ham<br>Grits<br>Biscuit/Marg/Jelly<br>Coffee/2% Milk                                  | Apple Juice<br>Scrambled Eggs<br>Sliced Bacon<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk                         | Grape Juice<br>Pancakes<br>Sausage Links<br>Dry Cereal<br>Margarine/Syrup<br>Coffee/2% Milk  | Apple Juice<br>Scrambled Eggs<br>Sliced Bacon<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk                      |
| Baked Ham<br>Corn<br>Collard Greens<br>Carrot/Raisin Salad<br>Bread/Margarine<br>Peach Slices<br>Iced Tea / 2% Milk | Fried Chicken<br>Au Gratin Potatoes<br>Mixed Vegetables<br>Lettuce/Tomato Sld<br>w/Drsg<br>Wheat Roll/Marg<br>Oatmeal/Raisin<br>Cookies<br>Iced Tea/2% Milk | Roast Pork<br>Gravy<br>Cnd Swt Potatoes<br>Field Peas<br>Pickled Beet/Onion<br>Salad<br>Cornbread/Marg<br>Cake/Icing<br>Iced Tea/2% Milk | Chicken Fajitas<br>Spanish Rice<br>Refried Beans<br>Combination Salad<br>w/Drsg<br>Tortilla<br>Sugar Cookies<br>Iced Tea /2% Milk | Chicken Parmesan<br>Green Beans<br>Baked Potato<br>Sliced Peaches<br>Roll/Margarine<br>Ice Cream<br>Iced Tea/2% Milk | Fr Catfish Fillets<br>Macaroni & Cheese<br>Southern Gr Beans<br>Hushpuppies/Marg<br>Bread Pudding<br>Iced Tea/2% Milk                                  | Pepper Steak<br>Rice<br>Broccoli<br>Pear/Cheese Salad<br>Bread/Margarine<br>Chocolate Pudding<br>Iced Tea/2% Milk |
| Fried Fish 'N Bun<br>Tartar Sauce<br>Spanish Rice<br>Green Beans<br>Coleslaw<br>Sherbet<br>Iced Tea                 | Hamburger 'n Bun<br>Sliced Cheese<br>Catsup/Must/Mayo<br>Sliced Pickles<br>Fried Onion Rings<br>Baked Beans<br>Lett/Tomato Sld<br>Pound Cake<br>Iced Tea    | Chuckwagon Steak<br>Cream Gravy<br>Mashed Potatoes<br>Calif Mixed Vegt<br>Shredded Lett/Drsg<br>Bread/Margarine<br>Pears<br>Iced Tea     | BBQ Pork w/Bun<br>Spinach<br>Potato Salad<br>Peach/Pear Mix<br>Iced Tea   | Turkey Pot Pie<br>Steamed Carrots<br>Shred Lett w/Drsg<br>Bread/Margarine<br>Brownie<br>Iced Tea                     | Spaghetti w/<br>Meat Sauce<br>Parmesan Cheese<br>Calif Mixed Vegt<br>Tossed Sld w/Drsg<br>Bu Garlic Toast<br>Pineapple Upside<br>Down Cake<br>Iced Tea | Hot Dog 'n Bun<br>Must/Catsup/Onion<br>Baked Beans<br>Coleslaw<br>P'Butter Cookies<br>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  
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**MASTER MENU – REVISED: September 28, 2015**

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

| <i>SUNDAY</i><br>1-10-2016  | <i>MONDAY</i><br>1-11  | <i>TUESDAY</i><br>1-12   | <i>WEDNESDAY</i><br>1-13   | <i>THURSDAY</i><br>1-14   | <i>FRIDAY</i><br>1-15  | <i>SATURDAY</i><br>1-16   |
|---|--|--|--|---|--|---|
| Cranberry Juice<br>Scrambled Eggs<br>Sausage Links<br>Oatmeal<br>Toast/Marg/Jelly<br>Coffee/2% Milk                                     | Orange Juice<br>Scrambled Eggs w/<br>Cheese<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk   | Apple Juice<br>Scrambled Eggs<br>Bacon<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk                                      | Grape Juice<br>Pancakes<br>Sliced Ham<br>Dry Cereal<br>Syrup/Margarine<br>Coffee/2% Milk                                     | Cranberry Juice<br>Scrambled Eggs w/<br>Sausage Bits<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk   | Orange Juice<br>Scrambled Eggs<br>Sliced Bacon<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk  | Grape Juice<br>Scrambled Eggs<br>Sausage Patty<br>Grits<br>Toast/Marg/Jelly<br>Coffee/2% Milk   |
| Baked Ham<br>Oven Browned<br>Potatoes<br>Seas Turnip Greens<br>Cucumber/Vinegar<br>Salad<br>Bread/Marg<br>Ice Cream<br>Iced Tea/2% Milk | Beef Noodle Soup<br>Grilled Steak w/ Sce<br>Baked Potato<br>Green Beans<br>Golden Glow Salad<br>Roll/Margarine<br>Oatmeal Raisin<br>Cookie<br>Iced Tea/2% Milk | Baked Chicken<br>Rice w/Gravy<br>Broccoli<br>Sliced Tomato Salad<br>Roll/Margarine<br>Sweet Potato Pie<br>Iced Tea/2% Milk | Smothered Pk Chop<br>Rice<br>Gravy<br>Green Beans<br>Tossed Sld w/Drsg<br>Wheat Roll/Marg<br>Banana Cake<br>Iced Tea/2% Milk | *Fried Fish<br>Tartar Sauce<br>Scalloped Potatoes<br>Steamed Cabbage<br>Sliced Tomato w/<br>Mayo<br>Cornbread/Marg<br>Cake w/Icing<br>Iced Tea/2% Milk<br><b>*Broiled Pollock<br/>as 2<sup>nd</sup> choice in<br/>Employee Cafeteria<br/>ONLY</b> | Fried Chicken<br>Macaroni / Cheese<br>Broccoli<br>Lett/Tom Sld/Drsg<br>Roll/Margarine<br>Sugar Cookies<br>Iced Tea/2% Milk                           | Hamburger Steak<br>Gravy<br>Snowflake Potato<br>Green Peas<br>Tomato Sld/Drsg<br>Roll/Margarine<br>Vanilla Pudding/<br>Topping<br>Iced Tea/2% Milk              |
| Chili Con Carne<br>Rice<br>Corn<br>Shred Lettuce/Drsg<br>Saltine Crackers<br>Sliced Peaches<br>Iced Tea                                 | Parmesan Fish<br>Oven Glow Potatoes<br>Seas Lima Beans<br>Seas Mixed Veg<br>Bread/Margarine<br>Sherbet<br>Iced Tea   | Sloppy Joe 'n Bun<br>French Fries<br>Green Peas<br>Green Salad w/Drsg<br>P'Butter Cookies<br>Iced Tea                      | Hot Dog / Bun<br>Baked Beans<br>Coleslaw<br>Chocolate Pudding<br>Iced Tea  | Turkey Noodle Cass<br>Sea Collard Greens<br>Tossed Salad<br>Bread/Margarine<br>Ice Cream<br>Iced Tea  | Yakisoba Hamburger<br>w/Spaghetti<br>Turnip Greens<br>Potato Wedges<br>Sliced Tomato Salad<br>w/ Drsg<br>Roll/Margarine<br>Cake w/ Icing<br>Iced Tea | Vegetable Soup<br>Cold Cuts:<br>Turkey Bologna<br>Sliced Cheese<br>Must/Mayo<br>Sliced Tomato<br>Bread/Crackers<br>Potato Salad<br>Sweet Potato Pie<br>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:

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**BREAKFAST: 7:00 AM – 8:00 AM**  
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**BREAKFAST: 6:30 AM – 8:15 AM**  
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