

EAST CENTRAL REGIONAL HOSPITAL

November 2014

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

| <i>SUNDAY</i> 11/2/2014 | <i>MONDAY</i> 11/3/2014 | <i>TUESDAY</i> 11/4/2014 | <i>WEDNESDAY</i> 11/5/2014 | <i>THURSDAY</i> 11/6/2014 | <i>FRIDAY</i> 11/7/2014 | <i>SATURDAY</i> 11/8/2014 |
|--|--|--|---|--|---|--|
| 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 | Baked Pork Chops Rice with Gravy Peas & Carrots Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail | Baked Ham Mashed Potatoes Seas. Collard Greens Pears Cornbreadl/Marg Cake/Icing Iced Tea/2% Milk | Lasagna Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk | Meatloaf Mushroom Gravy Mashed Potatoes Carrots Pear/Cheese Salad Roll/Margarine Gingerbread 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 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 **Augusta Campus = Fruit Cocktail | 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
November 2014**

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

| <i>SUNDAY 11/9/2014</i> | <i>MONDAY 11/10/2014</i> | <i>TUESDAY 11/11/2014</i> | <i>WEDNESDAY 11/12/2014</i> | <i>THURSDAY 11/13/2014</i> | <i>FRIDAY 11/14/2014</i> | <i>SATURDAY 11/15/2014</i> |
|---|--|--|--|---|--|---|
| 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  Veterans' Day | 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 *Broiled Pollock as 2nd choice in Employee Cafeteria ONLY | 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> |

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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
November 2014**

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| <i>SUNDAY 11/16/2014</i> | <i>MONDAY 11/17/2014</i> | <i>TUESDAY 11/18/2014</i> | <i>WEDNESDAY 11/19/2014</i> | <i>THURSDAY 11/20/2014</i> | <i>FRIDAY 11/21/2014</i> | <i>SATURDAY 11/22/2014</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 | 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

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| <i>SUNDAY 11/23/2014</i> | <i>MONDAY 11/24/2014</i> | <i>TUESDAY 11/25/2014</i> | <i>WEDNESDAY 11/26/2014</i> | <i>THURSDAY 11/27/2014</i> | <i>FRIDAY 11/28/2014</i> | <i>SATURDAY 11/29/2014</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 nd 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 | Roast Turkey Cranberry Sauce Cornbread Dressing Giblet Gravy Candied Swt Potatoe w/ Marshmallows Green Peas Roll / Margarine Pumpkin Pie  | 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
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SUPPER: 4:30 PM – 6:00 PM

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