

EAST CENTRAL REGIONAL HOSPITAL 28 Day Cyclic Menu

MASTER MENU – REVISED: July 8, 2015

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

<i>SUNDAY</i> 8-30-15	<i>MONDAY</i> 8-31-15	<i>TUESDAY</i> 9-1-15	<i>WEDNESDAY</i> 9-2-15	<i>THURSDAY</i> 9-3-15	<i>FRIDAY</i> 9-4-15	<i>SATURDAY</i> 9-5-15
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	Chinese Five Spice Chicken Steamed Rice Buttered Cauliflower Peaches** Roll/Margarine Oatmeal/Raisin Cookies Iced Tea/2% Milk **Augusta Campus= Fruit Cocktail	Baked Ham Mashed Potatoes Seas. Collard Greens Pears CornbreadI/Marg Cake/Icing Iced Tea/2% Milk	Lasagna Combination Salad w/Drsg Garlic Bread Peach Cobbler Iced Tea/2% Milk	Pineapple Chicken Orange Rice Prince Edw Vegg. 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	Jaegerschnitel (veal) w/Brown Gravy O'Brien Potatoes Seasoned Carrots Waldorf Salad Bread/Crackers 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 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 [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: July 8, 2015

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<i>SUNDAY</i> 9-6-15	<i>MONDAY</i> 9-7-15	<i>TUESDAY</i> 9-8-15	<i>WEDNESDAY</i> 9-9-15	<i>THURSDAY</i> 9-10-15	<i>FRIDAY</i> 9-11-15	<i>SATURDAY</i> 9-12-15
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 Seasoned Corn Steamed Broccoli Waldorf Salad Roll/Margarine Blueberry Crunch Iced Tea/2% Milk	Italian Style Veal Stk Pasta 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 Rissolo 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 Squash Pickled Beet Salad Bread/Margarine Apple Crisp Iced Tea LABOR DAY 	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 * Broiled Pollock as 2nd choice in Employee Cafeteria ONLY	Cantonese Spareribs Filipino Fried rice Stir Fried Cabbage Seasoned Limas 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

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MASTER MENU – REVISED: July 8, 2015

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

<i>SUNDAY</i> 9-13-15	<i>MONDAY</i> 9-14-15	<i>TUESDAY</i> 9-15-15	<i>WEDNESDAY</i> 9-16-15	<i>THURSDAY</i> 9-17-15	<i>FRIDAY</i> 9-18-15	<i>SATURDAY</i> 9-19-15
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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	Chicken Parmesan Green Beans Baked Potato Sliced Peaches Roll/Margarine Ice Cream Iced Tea/2% Milk	Fr Catfish Fillets French Fries 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 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	Chicken Fajitas Spanish Rice Refried Beans Combination Salad Tortilla/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</i> 9-20-15	<i>MONDAY</i> 9-21-15	<i>TUESDAY</i> 9-22-15	<i>WEDNESDAY</i> 9-23-15	<i>THURSDAY</i> 9-24-15	<i>FRIDAY</i> 9-25-15	<i>SATURDAY</i> 9-26-15
Cranberry Juice	Orange Juice	Apple Juice	Grape Juice	Cranberry Juice	Orange Juice	Grape Juice

Scrambled Eggs Sausage Links Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Scrambled Eggs w/ Cheese Grits Toast/Marg/Jelly Coffee/2% Milk	Scrambled Eggs Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	Pancakes Sliced Ham Dry Cereal Syrup/Margarine Coffee/2% Milk	Scrambled Eggs w/ Sausage Bits Grits Toast/Marg/Jelly Coffee/2% Milk	Scrambled Eggs Sliced Bacon Grits Toast/Marg/Jelly Coffee/2% Milk	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 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 Green Beans Tossed Sld w/Drsg Wheat Roll/Marg Banana Cake 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 2nd choice in Employee Cafeteria 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 Seas Mixed Veg 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 Sld 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
<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
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<i>SUNDAY</i> 9-27-15	<i>MONDAY</i> 9-28-15	<i>TUESDAY</i> 9-29-15	<i>WEDNESDAY</i> 9-30-15	<i>THURSDAY</i> 10-1-15	<i>FRIDAY</i> 10-2-15	<i>SATURDAY</i> 10-3-15
Orange Juice Scrambled Eggs w/ Ham Bits	Banana Scrambled Eggs Sliced Bacon	Cranberry Juice Scrambled Eggs Sausage Patty	Orange Juice Scrambled Eggs Bacon	Grape Juice Scrambled Eggs w/ Cheese	Apple Juice Waffles Sausage Links	Grape Juice Scrambled Eggs w/Cheese

Oatmeal Toast/Marg/Jelly Coffee/2% Milk	Dry Cereal Toast/Marg/Jelly Coffee/2% Milk	Grits Biscuit/Marg/Jelly Coffee/2% Milk	Hash Brwn Potatoes Toast/Marg/Jelly Coffee/2% Milk	Grits Cinnamon Roll Margarine Coffee/2% Milk	Dry Cereal Margarine/Syrup Coffee/2% Milk	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 Buttered Cauliflower 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	Pineapple Chicken Orange Rice Prince Edw VEGS. 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	Jaegerschnitel (veal) w/Brown Gravy O'Brien Potatoes Seasoned Carrots Waldorf Salad Bread/Crackers 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 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 [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

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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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