

Hughes Health and Rehabilitation

7/31/17-8/6/17

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Texas French Toast Bacon Strips ----- Egg Scrambled Blueberry Muffin	Orange Juice Farina Cheesy Scrambled Eggs Hashbrowns w/Onion Whole Wheat English Muffin ----- Pancake	Orange Juice Oatmeal Waffle w/Berry Compote ----- Hard Boiled Egg Bacon Strips	Orange Juice Oatmeal Scrambled Eggs Sausage Links Banana Bread ----- Cinnamon French Toast	Orange Juice Farina Ham & Potato Breakfast Casserole Wheat Toast ----- Egg Scrambled	Orange Juice Oatmeal Cheese Omelet Sausage Links Wheat Toast ----- Hard Boiled Egg Apple Muffin	Orange Juice Oatmeal Egg Scrambled Home Fries Raisin Toast ----- Pancake
L U N C H	Meatloaf Beef Mashed Potatoes Fresh Steamed Broccoli Peanut Butter Cookies ----- Crab Cakes	Chicken Pineapple Teriyaki Rice White Steamed Fresh Yellow Squash Poke Cake ----- Mustard Crusted Pork Loin	Balsamic London Broil Baked Potato Sautéed Onions & Peppers Cream style Corn Apple Pie ----- Hot Dog on Bun	Smothered Pork Chop Roasted Red Potatoes Fresh Steamed Cauliflower Chocolate Chip Cookies ----- Lemon Garlic Chicken	Onion Braised Beef Brisket Whipped Potatoes Corn O'Brien Brownie ----- Bake Meat Ziti Garlic Bread	Chicken Parmesan Cutlet Herbed Penne Pasta Steamed Peas & Mushrooms Peaches & Cream ----- Cheese Pizza	Oven-Fried Chicken Oven-Browned Potatoes Seasoned Green Beans Strawberry Cloud Cake ----- Roast Beef
D I N N E R	Kielbasa Sausage Pierogis' w/Onion Sautéed Cabbage Spiced Peaches ----- Ham Salad Sandwich Parmesan Breadstick	Beef Barley Soup Broccoli and Cheese Quiche Wheat Roll Parsley Carrots Cinnamon Applesauce ----- Tuna Melt Sandwich on Wheat	Turkey Vegetable Soup Swedish Meatballs Seasoned Egg Noodles Harvard Beets Vanilla Mousse ----- Pulled Chicken BBQ on Bun Creamy Pasta Salad Penne	Country Vegetable Soup Turkey Mornay Sautéed Cabbage Chilled Pears ----- Beef Patty Melt	Vegetarian Lentil Soup Tuna Noodle Casserole Strawberry Rhubarb Pie ----- Chicken Caesar Salad/Dressing Wheat Roll	Homemade Tomato Rice Soup Turkey & Swiss Melt Marinated Cucumbers Chilled Apricots ----- Spinach and Strawberry Salad no/Nut Parmesan Breadstick	Chicken Noodle Soup Tortellini Primavera Parmesan Breadstick Fresh Fruit Cup ----- Grilled Cheese & Tomato on Wheat

Hughes Health and Rehabilitation

8/7/17-8/13/17

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Pancake Sausage Links ----- Scrambled Eggs Cranberry Muffin	Orange Juice Farina Egg Scrambled Potato Pancakes Whole Wheat English Muffin ----- Bacon Strips Hard Boiled Egg	Orange Juice Oatmeal Cheese Omelet Home Fries Wheat Toast ----- Texas French Toast	Orange Juice Oatmeal Belgian Waffle Batter Bacon Strips ----- Egg Scrambled Wheat Toast	Orange Juice Farina Egg Scrambled Chop Breakfast Ham Wheat Toast ----- Fruit & Cottage Cheese Plate	Orange Juice Oatmeal Western Scramble Hashbrowns w/Onion Wheat Toast ----- French Toast	Orange Juice Oatmeal Cheesy Scrambled Eggs Sausage Links Raisin Toast ----- Hard Boiled Egg Assorted Mini Danish
L U N C H	Stuffed Manicotti in Marinara Sauce Fresh Garden Blend Vegetables Chilled Pineapple ----- Vegetable Paella Wheat Roll	Salisbury Steak Baked Sweet Potato Sautéed Zucchini Wheat Roll Fresh Fruit Cup ----- Potato Encrusted Cod	Turkey Pot Pie Crustless Fresh Biscuit Blueberry Granola Parfait ----- OSG Butternut Squash Mac & Chees	Roast Beef Herbed Penne Pasta Steamed Fresh Yellow Squash Wheat Roll Custard Pie ----- Eggplant Parmesan Hmd	Grilled Pork Tenderloin Parmesan Roasted Potato Wedges Chopped Spinach Wheat Roll Vanilla Ice Cream ----- Tilapia Piccata	Turkey Tetrazzini Parmesan Breadstick Buttered Carrots Watermelon ----- Beef Pepper Steak Parslied Potato	Oven Fried Chicken Tenders Rice Pilaf Steamed Green Peas Apple Turnover ----- BBQ Pork
D I N N E R	Chicken Noodle Soup Meatloaf Beef Brown Gravy Mashed Potatoes Steamed Corn Applesauce Cake ----- Santé Fe Turkey Wrap	Cream of Broccoli Soup Honey Apple Pork Loin Seasoned Egg Noodles Fresh Steamed Broccoli Sherbet ----- Citrus Glazed Chicken	Beef Barley Soup Egg Salad on Pumpnickel Cauliflower Pea & Onion Salad Mandarin Oranges ----- Chicken Spinach and Strawberry Salad Dinner Roll	Navy Bean Soup Cheese Pizza Roasted Vegetables Chilled Peaches ----- Pulled Pork Sandwich	Soup Seafood Bisque Cod Cakes Seasoned Egg Noodles Fresh Fruit Cup ----- Ham & Swiss Croissant Sandwich	Vegetarian Lentil Soup Hot Dog on Bun Homestyle Baked Beans Sweet-n-Sour Coleslaw Chocolate Mousse ----- Vegetarian Chili	Country Vegetable Soup Hamburger on a Bun Roasted Red Beets Lettuce & Tomato Garnish Blushing Pear Half ----- Turkey & Swiss Melt

Hughes Health and Rehabilitation

8/14/17-8/20/17

4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Cheese Omelet Wheat Toast ----- Belgian Waffle	Orange Juice Farina French Toast Whole Wheat Bacon Strips ----- Scrambled Eggs Whole Wheat English Muffin	Orange Juice Oatmeal Egg Scrambled American Fried Potatoes Wheat Toast ----- Sausage Links Pancake	Orange Juice Oatmeal Egg & Ham Bake Banana Bread ----- Hard Boiled Egg Wheat Toast	Orange Juice Farina Egg Scrambled Hashbrowns w/Onion Bacon Strips ----- Fruit & Cottage Cheese Plate	Orange Juice Oatmeal Pancake Sausage Links ----- Egg Scrambled Assorted Mini Danish	Orange Juice Oatmeal Sausage Links Hard Boiled Egg O'Brien Potatoes ----- Scrambled Eggs Wheat Toast
L U N C H	Veal Paprika Buffered Wide Egg Noodles Seasoned Green Beans Wheat Roll Red Velvet Cake ----- Hawaiian Ham	Roast Turkey Turkey Gravy Jasmine Rice Vegetable Stir Fry Spiced Peaches ----- Ground Sirloin Steak	Cheeseburger on Bun Homestyle Baked Beans Potato Salad Watermelon ----- Hot Dog on Bun Creamy Coleslaw	Ginger Roast Pork Rice Pilaf Steamed Green Peas Brownie ----- Stuffed Manicotti in Marinara Sauce Parmesan Breadstick	Dilled Pollock Seasoned Egg Noodles Chopped Spinach Wheat Roll Strawberry Shortcake ----- Beef Tips in Mushroom Sauce	Cheese Pizza Garden Salad Mandarin Oranges ----- Polish Sausage on Bun	Beef & Garlic Sauce Brown Rice Cauliflower & Red Peppers Lemon Poppy seed Cake ----- Cheese Ravioli w/Marinara Parmesan Breadstick
D I N N E R	Vegetarian Chili Chicken Salad Sandwich on Wheat Carrot Raisin Salad Chilled Pineapple ----- Veggie Chef Salad Bowl Wheat Roll	Chicken Noodle Soup Mustard Crusted Pork Loin Herbed Orzo Pasta Fresh Steamed Broccoli ----- Frosted Banana Cake ----- Cheese Lasagna Parmesan Breadstick	Homemade Cream of Mushroom Soup Veggie Gratin Frittata Tomato Bean Salad Pudding Parfait ----- Turkey Salad on Bun	Navy Bean Soup Sloppy Joe on Bun Steamed Corn Chilled Pears ----- Grilled Chicken Brest w/Pineapple	New England Clam Chowder Hamburger Macaroni Casserole Rice White California Mix Vegetable Peach Cobbler ----- Roast Turkey	Turkey Vegetable Soup Tuna Salad on Croissant Black Bean Salad Chocolate Chip Cookies ----- B L T Sandwich On Wheat	Cream of Broccoli Soup Chicken Gordon Bleu Sandwich Tartar Sauce Lettuce & Tomato Garnish Dill Carrots Fresh Fruit Cup ----- Cobb Salad Dinner Roll

Hughes Health and Rehabilitation

8/21/17-8/27/17

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Western Scramble Cranberry Muffin ----- Sausage Links French Toast	Orange Juice Farina Scrambled Eggs Potato Pancakes Whole Wheat English Muffin ----- Belgian Waffle	Orange Juice Oatmeal Pancake Bacon Strips ----- Fruit & Cottage Cheese Plate Blueberry Muffin	Orange Juice Oatmeal Cheesy Scrambled Eggs Sausage Links Wheat Toast ----- Yogurt & Strawberries Banana Bread	Orange Juice Farina Scrambled Eggs Bacon Strips Wheat Toast ----- Texas French Toast	Orange Juice Oatmeal Cheese Omelet Hashbrowns w/Onion Wheat Toast ----- Hard Boiled Egg Assorted Mini Danish	Orange Juice Oatmeal Scrambled Eggs Sausage Links Raisin Toast ----- Belgian Waffle
L U N C H	Italian Baked Pollock Cherry Cake ----- Honey Roasted Chicken Rice Pilaf Steamed Fresh Yellow Squash	Chicken Breast Herb Marinated Herbed Orzo Pasta Sautéed Zucchini & Yellow Squash Wheat Roll Pound Cake with Strawberries ----- Shepherd's Pie	Spaghetti & Meatballs Seasoned Green Beans Garlic Bread Deluxe Chocolate Cake ----- Parmesan Crusted Tilapia Mashed Potatoes	Apricot Pork Roast Roasted Potatoes Buttered Carrots Brownie ----- Vegetable Quiche	Beef Burgundy Buttered Wide Egg Noodles Chopped Spinach Chilled Peaches ----- Rosemary Chicken	Roast Turkey Mashed Potatoes Seasoned Green Peas Fresh Cantaloupe ----- Hamburger on a Bun	Lemon Pepper Cod Rice Pilaf Sautéed Eggplant Lemon Meringue Pie ----- Chicken Breaded Italian Style
D I N N E R	OpF Hot Roast Beef Sandwich Mashed Potatoes Pudding Parfait ----- Tuna Tomato Melt Sandwich Steamed Corn	Tomato Florentine Soup Sweet & Sour Pork Brown Rice Fresh Steamed Broccoli Cinnamon Bananas ----- Chef Salad	Minestrone Soup Hmd Egg Salad Sandwich Marinated Vegetable Salad Soft Chilled Pineapple ----- Onion Braised Beef Brisket	Potato & Leek Soup Chicken Cranberry Salad Macaroni Salad Tomato & Basil Salad Red Gelatin ----- Beef Pepper Steak Rice White	New England Clam Chowder Baked Fish Sandwich Oven-Browned Potatoes Buttered Carrots Vanilla Ice Cream ----- Spinach Lasagna Garlic Bread	Chicken Vegetable Soup Hot Dog on Bun Potato Salad Soft Apple Crisp ----- Sliced Turkey Sandwich	Turkey Rice Soup Macaroni & Cheese Sautéed Zucchini Fresh Fruit Cup ----- Shredded BBQ Beef Sandwich

Hughes Health and Rehabilitation

8/28/17-9/3/17

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Texas French Toast Bacon Strips ----- Egg Scrambled Blueberry Muffin	Orange Juice Farina Cheesy Scrambled Eggs Hashbrowns w/Onion Whole Wheat English Muffin ----- Pancake	Orange Juice Oatmeal Waffle w/Berry Compote ----- Hard Boiled Egg Bacon Strips	Orange Juice Oatmeal Scrambled Eggs Sausage Links Banana Bread ----- Cinnamon French Toast	Orange Juice Farina Ham & Potato Breakfast Casserole Wheat Toast ----- Egg Scrambled	Orange Juice Oatmeal Cheese Omelet Sausage Links Wheat Toast ----- Hard Boiled Egg Apple Muffin	Orange Juice Oatmeal Egg Scrambled Home Fries Raisin Toast ----- Pancake
L U N C H	Meatloaf Beef Mashed Potatoes Fresh Steamed Broccoli Peanut Butter Cookies ----- Crab Cakes	Chicken Pineapple Teriyaki Rice White Steamed Fresh Yellow Squash Poke Cake ----- Mustard Crusted Pork Loin	Sole A L'Orange Baked Potato Seasoned Spinach Peach Pie ----- Turkey Cutlet & Gravy	Smothered Pork Chop Roasted Red Potatoes Fresh Steamed Cauliflower Chocolate Chip Cookies ----- Lemon Garlic Chicken	Onion Braised Beef Brisket Whipped Potatoes Corn O'Brien Brownie ----- Bake Meat Ziti Garlic Bread	Chicken Parmesan Cutlet Herbed Penne Pasta Steamed Peas & Mushrooms Peaches & Cream ----- Cheese Pizza	Oven-Fried Chicken Oven-Browned Potatoes Seasoned Green Beans Strawberry Cloud Cake ----- Roast Beef
D I N N E R	Kielbasa Sausage Pierogis' w/Onion Sautéed Cabbage Spiced Peaches ----- Ham Salad Sandwich Parmesan Breadstick	Beef Barley Soup Broccoli and Cheese Quiche Wheat Roll Parsley Carrots Cinnamon Applesauce ----- Tuna Melt Sandwich on Wheat	Turkey Vegetable Soup Swedish Meatballs Seasoned Egg Noodles Harvard Beets Vanilla Mousse ----- Pulled Chicken BBQ on Bun Creamy Pasta Salad Penne	Country Vegetable Soup Turkey Mornay Steamed Baby Carrots Chilled Pears ----- Beef Patty Melt	Vegetarian Lentil Soup Tuna Noodle Casserole Strawberry Rhubarb Pie ----- Chicken Caesar Salad/Dressing Wheat Roll	Homemade Tomato Rice Soup Turkey & Swiss Melt Marinated Cucumbers Chilled Apricots ----- Spinach and Strawberry Salad no/Nut Parmesan Breadstick	Chicken Noodle Soup Tortellini Primavera Macaroni Salad Parmesan Breadstick Fresh Fruit Cup ----- Grilled Cheese & Tomato on Wheat