

Hughes Health and Rehabilitation

11/26/18-12/2/18

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Cheese Omelet Wheat Toast	Orange Juice Farina Baked Waffle Sausage Links	Orange Juice Oatmeal Pumpkin Pancake	Orange Juice Apple Cinnamon Oatmeal Rancher's Eggs Home Fries	Orange Juice Farina Vanilla Texas French Toast	Orange Juice Oatmeal Spanish Scrambled Eggs	Orange Juice Farina Ham & Cheesy Omelet Wheat Toast
L U N C H	Orange Glazed Pork Roast Herbed Rice Chopped Spinach Peach Cobbler Cake ----- Chicken Pot Pie	Chicken Vesuvio Seasoned Green Beans Red Gelatin ----- Lemon Baked Cod	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Lemon Meringue Pie ----- Penne w/Garlic Sauce	Sweet and Sour Braised Turkey Parslied Potato Fresh Steamed Broccoli Oranges & Pineapples ----- Cheeseburger on a Bun	Baked Tilapia Rice Pilaf Brussels Sprouts Vanilla Pudding ----- Beef Burgundy	Meatloaf Beef Mashed Potatoes Steamed Corn Spiced Peaches ----- Seafood Cake	Honey Ginger Chicken Thighs Herbed Couscous Buttered Carrots Frosted Yellow Cake ----- Cheese Ravioli w/Marinara
D I N N E R	Hot Turkey Sandwich Mashed Potatoes Buttered Carrots Dice Cinnamon Pear Halves ----- Tuna Noodle Casserole	Cabbage Soup Stuffed Bell Pepper Buttered Wide Egg Noodles Chocolate Mousse ----- Hot Dog on a Bun	Chicken Fajita Aztec Corn Snickerdoodle Cookies ----- Egg Salad	Cheese Pizza Lettuce & Tomato Salad Vanilla Ice Cream ----- Hamburger Macaroni Casserole	Cheeseburger on a Bun Tater Tots Creamy Coleslaw ----- Fruit & Cottage Cheese Plate	Pork Roast Sandwich Homestyle Baked Beans Roasted Cauliflower Chocolate Ice Cream ----- Spinach And Tomato Frittata	Saltine Crackers Turkey Rice Soup Hot Dog on a Bun Homemade Salted Potato Chip Harvard Beets Cinnamon Applesauce ----- Chicken Caesar Salad

Hughes Health and Rehabilitation

12/3/18-12/9/18

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Egg Cheese Croissant Sausage Links	Orange Juice Farina Blueberry Pancake	Orange Juice Oatmeal Western Omelet White Toast	Orange Juice Farina Cinnamon French Toast	Orange Juice Oatmeal Cheesy Chive Scrambled Eggs Wheat Toast	Orange Juice Farina Baked Waffle	Orange Juice Oatmeal Biscuit & Sawmill Gravy
L U N C H	Roast Turkey & Cranberry Chutney Mashed Potatoes Seasoned Green Beans Chocolate Mousse ----- Herb Crusted Cod	Mustard Crusted Pork Loin Rice White Seasoned Spinach Chilled Peaches ----- Broccoli and Cheese Quiche	American Beef Chop Suey Roasted Italian Vegetables Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Rice Pilaf Steamed Fresh Zucchini Scalloped Apples ----- Cheese Pizza	Braised Beef Brisket Oven-Browned Potatoes Steamed Corn Brownie ----- Baked Tilapia	Cod Bella Vista Buttered Orzo Garlic Lemon Broccoli Mandarin Oranges ----- Stuffed Shells w/Marinara Sauce	Hawaiian Ham Mashed Potatoes Lyonnais Carrots Homemade Cheesecake w/Strawberry ----- Turkey Fricasse
D I N N E R	Saltine Crackers Ginger Carrot Soup Cheeseburger Pie Chilled Applesauce ----- Chicken Salad on a Bun	Polish Sausage Pierogies w/Onion Braised Green Cabbage Vanilla Mousse ----- Tuna Salad on a Croissant	Homemade Garden Vegetable Soup Turkey Salad on Bun Dill Potato Salad Chilled Pineapple ----- Egg Salad/Pita Plate	Homemade Minestrone Soup Italian Meatball Sub Potato Chips Diced Harvard Beets Chocolate Chip Cookies ---- Chicken Caesar Salad	Philly Chicken Sandwich Tater Tots Harvard Beets Chilled Pears ----- Cheese Pizza	Turkey Burger on a Bun Homestyle Baked Beans Creamy Coleslaw Red Gelatin ----- Hot Dog on a Bun	Macaroni & Cheese Steamed Green Peas Fruited Gelatin Salad ----- Lemon Chicken

Hughes Health and Rehabilitation

12/10/18-12/16/18

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Farina Belgian Waffle	Orange Juice Oatmeal Scrambled Eggs Rye Toast	Orange Juice Farina Egg Biscuit Sandwich	Orange Juice Apple Cinnamon Oatmeal Sausage Links Banana Pancake	Orange Juice Farina Vanilla Texas French Toast	Orange Juice Oatmeal Spanish Scramble Raisin Toast	Orange Juice Grits Cheesy Scrambled Eggs Bacon Strips
L U N C H	Pork Medallions Potatoes & Onions Fresh Garden Blend Vegetables Angel Food Cake/Strawberries ----- Cheeseburger on a Bun	Beef Stew Roasted Butternut Squash Wheat Roll Orange Sherbet ----- Vegetable Quiche	Cheese Lasagna Steamed Broccoli & Cauliflower Frosted Spice Cake ----- Turkey Burger on a Bun	Chicken Marsala Herb Buttered Egg Noodles Steamed Peas & Pearl Onions Chocolate Mousse Pie ----- Vegetarian Chili	Roast Turkey Double Boiled Mashed Potato Baby Lima Beans Poke Cake ----- Cheese Pizza	Macaroni & Cheese Seasoned Green Beans Vanilla Ice Cream ----- Shrimp Scampi	Parmesan Baked Cod Rice Pilaf Ratatouille Frosted White Cake ----- Hot Dog on a Bun
D I N N E R	Tuna Salad Plate/Pita Bread Roasted Vegetable Pasta Salad Dice Peach & Pear Salad ----- Turkey Cheese Sub	Chicken Tenders Fresh Baked Sweet Potato Fries Steamed Corn Banana Pudding ----- Hot Ham & Swiss on Onion Roll	New England Clam Chowder Baked Cod Fillet on a Bun Creamy Coleslaw Cinnamon Applesauce ----- Chicken & Dumplings	Ham and Swiss Wrap Carrot Raisin Salad Citrus Gelatin ----- Liver & Onion	Chicken Cacciatore Buttered Orzo Oven-Roasted Brussels Sprouts Chilled Pears ----- Chunky Beef Chili	Cream of Broccoli Soup Saltine Crackers Egg Salad on Wheat Potato Chips Red Cabbage Salad Chilled Pineapple ----- Grilled Swiss Cheese & Tomato	Hamburger on a Bun Potato Salad Mandarin Oranges ----- Turkey Rice Casserole

Hughes Health and Rehabilitation

12/17/18-12/23/18

4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Western Scramble Wheat Toast	Orange Juice Farina Vanilla Texas French Toast	Orange Juice Oatmeal Scrambled Eggs Sausage Links Rye Toast	Orange Juice Farina Pancake	Orange Juice Apple Cinnamon Oatmeal Cheese Scrambled Eggs Hash Browns w/Onion Wheat Toast	Orange Juice Farina Belgian Waffle	Orange Juice Oatmeal Ham & Cheese Omelet Biscuit
L U N C H	Smothered Pork Chop Roasted Potato Wedges Steamed Corn Boston Cream Pie ----- Baked Tilapia	Oven-Fried Chicken Whipped Sweet Potatoes Fresh Steamed Broccoli Red Gelatin ----- Hamburger Steak	Seafood Crump Cod Rice Pilaf Steamed Fresh Green Beans Orange Sherbet ----- Cheese Ravioli w/Marinara	Maple Roast Turkey Mashed Potatoes Bread Stuffing Seasoned Peas & Carrots Apple Pie ----- Cheese Pizza	Beef Stroganoff Seasoned Egg Noodles Buttered Carrots Deluxe Chocolate Cake ----- Parmesan Crusted Tilapia	Garlic Oregano Chicken Oven-browned Potatoes Roasted Butternut Squash Mandarin Oranges ----- Cod Cakes	Stuffed Shells w/Marinara Sauce Steamed Fresh Zucchini Parmesan Breadstick Brownie ----- Hot Dog on a Bun
D I N N E R	Potato & Leek Soup Chicken Salad Sandwich on Wheat Plain Diced Beets Dice Peaches Halves ----- Cheese Ravioli w/Marinara Lettuce & Tomato Salad	Swedish Meatballs Buttered Wide Egg Noodles Chopped Spinach Cinnamon Applesauce ----- Polish Sausage on a Bun	Vegetarian Lentil Soup Saltine Crackers Quiche Lorraine Home Fries Buttered Carrots Blondie Bar ----- Pulled Chicken BBQ on a Bun	American Beef Chop Suey Steamed Fresh Yellow Squash Parmesan Breadstick Chilled Pineapple ----- Grilled Cheese & Tomato on Wheat	Homemade Barley Chunky Vegetable Soup Saltine Crackers Crab Cake Potato Wedges Vanilla Ice Cream ----- Broccoli and Cheese Quiche	Ham Salad on a Croissant Tater Tots Cole Slaw Chocolate Chip Cookies ----- Hamburger on a Bun	Chicken Tenders Mashed Potato Corn Vanilla Mousse ----- Tuna Melt Sandwich on Wheat

Hughes Health and Rehabilitation

12/24/18-12/30/18

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Cheese Omelet Wheat Toast	Orange Juice Farina Baked Waffle Sausage Links	Orange Juice Oatmeal Pumpkin Pancake	Orange Juice Apple Cinnamon Oatmeal Rancher's Eggs Home Fries	Orange Juice Farina Vanilla Texas French Toast	Orange Juice Oatmeal Spanish Scrambled Eggs	Orange Juice Farina Ham & Cheesy Omelet Wheat Toast
L U N C H	Orange Glazed Pork Roast Herbed Rice Chopped Spinach Peach Cobbler Cake ----- Chicken Pot Pie	Chicken Vesuvio Seasoned Green Beans Red Gelatin ----- Lemon Baked Cod	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Lemon Meringue Pie ----- Penne w/Garlic Sauce	Sweet and Sour Braised Turkey Parslied Potato Fresh Steamed Broccoli Oranges & Pineapples ----- Cheeseburger on a Bun	Baked Tilapia Rice Pilaf Brussels Sprouts Vanilla Pudding ----- Beef Burgundy	Meatloaf Beef Mashed Potatoes Steamed Corn Spiced Peaches ----- Seafood Cake	Honey Ginger Chicken Thighs Herbed Couscous Buttered Carrots Frosted Yellow Cake ----- Cheese Ravioli w/Marinara
D I N N E R	Hot Turkey Sandwich Mashed Potatoes Buttered Carrots Dice Cinnamon Pear Halves ----- Tuna Noodle Casserole	Cabbage Soup Stuffed Bell Pepper Buttered Wide Egg Noodles Chocolate Mousse ----- Hot Dog on a Bun	Chicken Fajita Aztec Corn Snickerdoodle Cookies ----- Egg Salad	Cheese Pizza Lettuce & Tomato Salad Vanilla Ice Cream ----- Hamburger Macaroni Casserole	Cheeseburger on a Bun Tater Tots Creamy Coleslaw ----- Fruit & Cottage Cheese Plate	Pork Roast Sandwich Homestyle Baked Beans Roasted Cauliflower Chocolate Ice Cream ----- Spinach And Tomato Frittata	Saltine Crackers Turkey Rice Soup Hot Dog on a Bun Homemade Salted Potato Chip Harvard Beets Cinnamon Applesauce ----- Chicken Caesar Salad

Hughes Health and Rehabilitation

12/31/18-1/6/19

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Egg Cheese Croissant Sausage Links	Orange Juice Farina Blueberry Pancake	Orange Juice Oatmeal Western Omelet White Toast	Orange Juice Farina Cinnamon French Toast	Orange Juice Oatmeal Cheesy Chive Scrambled Eggs Wheat Toast	Orange Juice Farina Baked Waffle	Orange Juice Oatmeal Biscuit & Sawmill Gravy
L U N C H	Roast Turkey & Cranberry Chutney Mashed Potatoes Seasoned Green Beans Chocolate Mousse ----- Herb Crusted Cod	Mustard Crusted Pork Loin Rice White Seasoned Spinach Chilled Peaches ----- Broccoli and Cheese Quiche	American Beef Chop Suey Roasted Italian Vegetables Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Rice Pilaf Steamed Fresh Zucchini Scalloped Apples ----- Cheese Pizza	Braised Beef Brisket Oven-Browned Potatoes Steamed Corn Brownie ----- Baked Tilapia	Cod Bella Vista Buttered Orzo Garlic Lemon Broccoli Mandarin Oranges ----- Stuffed Shells w/Marinara Sauce	Hawaiian Ham Mashed Potatoes Lyonnais Carrots Homemade Cheesecake w/Strawberry ----- Turkey Fricasse
D I N N E R	Saltine Crackers Ginger Carrot Soup Cheeseburger Pie Chilled Applesauce ----- Chicken Salad on a Bun	Polish Sausage Pierogies w/Onion Braised Green Cabbage Vanilla Mousse ----- Tuna Salad on a Croissant	Homemade Garden Vegetable Soup Turkey Salad on Bun Dill Potato Salad Chilled Pineapple ----- Egg Salad/Pita Plate	Homemade Minestrone Soup Italian Meatball Sub Potato Chips Diced Harvard Beets Chocolate Chip Cookies ---- Chicken Caesar Salad	Philly Chicken Sandwich Tater Tots Harvard Beets Chilled Pears ----- Cheese Pizza	Turkey Burger on a Bun Homestyle Baked Beans Creamy Coleslaw Red Gelatin ----- Hot Dog on a Bun	Macaroni & Cheese Steamed Green Peas Fruited Gelatin Salad ----- Lemon Chicken