

Hughes Health and Rehabilitation

1/29/18-2/4/18

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Belgian Waffle Sausage Patty	Orange Juice Farina Cheesy Scrambled Eggs Hashbrowns w/Onion Wheat Toast ----- Pancake	Orange Juice Oatmeal Texas French Toast Bacon Strips ----- Fried Egg White Toast	Orange Juice Cream of Rice Scrambled Eggs Honey Wheat English Muffin	Orange Juice Farina Pancake	Orange Juice Oatmeal Scrambled Eggs	Orange Juice Grits Cheesy Omelet Hashbrowns w/Onion Wheat Toast
L U N C H	Roast Turkey Whipped Potatoes Seasoned Green Beans Chilled Pears ----- Meatloaf Beef	Orange Glazed Pork Roast Scalloped Potatoes Buttered Carrots Chilled Peaches ----- Cheesy Ziti Bake Parmesan Breadstick	Chicken Marsala Orzo Sautéed Zucchini & Yellow Squash Poke Cake ----- Cheese Pizza	Beef Stew Fresh Biscuit Apple Pie ----- Macaroni & Cheese	Baked Pollock Parslied Potatoes Fresh Steamed Broccoli Wheat Roll Pineapple Upside-Down Cake ----- Roast Pork Loin	Turkey Noodle Casserole Seasoned Spinach Mandarin Oranges ----- Salisbury Steak	Chicken a L'Orange Rice White Steamed Fresh Zucchini Wheat Roll Vanilla Ice Cream ----- Hot Dog on Bun
D I N N E R	Homemade Tomato Rice Soup Saltine Crackers Ham & American Cheese Melt Garden Pasta Salad Homemade Brownie Whole Milk ----- Chicken Caesar Salad/Dressing	Sloppy Joe on Bun Fresh Steamed Broccoli Vanilla Mousse ----- Tilapia Piccata	Stuffed Shells w/ Marinara Sauce Steamed Green Peas Chilled Pineapple ----- Shepherd's Pie	Saltine Crackers Egg Salad on Pumpernickel Pasta Fagioli Carrot Raisin Salad Frosted Spice Cake ---- Corn Flake Oven Fried Chicken	Saltine Crackers Split Pea Soup Chicken Salad Croissant Harvard Beets Cinnamon Applesauce ----- Cheese Ravioli w/Marinara	Pierogis w/Onion Kielbasa Sausage Sautéed Cabbage Deluxe Chocolate Cake ----- Tuna Melt Sandwich on Wheat	Swedish Meatballs Seasoned Egg Noodles Steamed Green Peas Fruited Gelatin Salad ----- Vegetarian Chili

Hughes Health and Rehabilitation

2/5/18-2/11/18

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Ham & Cheese Omelet Wheat Toast	Orange Juice Farina Egg & Cheese on English Muffin Home Fries	Orange Juice Oatmeal Pancake Bacon Strips	Orange Juice Cream of Rice Belgian Waffle	Orange Juice Farina Vanilla Texas French Toast	Orange Juice Oatmeal Cheesy Scrambled Eggs Hashbrowns w/Onion Wheat Toast	Orange Juice Grits Scrambled Eggs Wheat Toast
L U N C H	Breaded Pork Chop Scalloped Potatoes Buttered Carrots Yellow Cake/Choc Icing ----- Shepherd's Pie	Garlic Oregano Chicken Herbed Rice Roasted Zucchini & Tomatoes Vanilla Ice Cream ----- Cheesy Ziti Bake	Turkey Pot Pie Fresh Biscuit Fresh Steamed Cauliflower Ginger Pear Cake ----- Butternut Squash Mac & Cheese	Meatloaf Beef Whipped Potatoes Mexican Corn Chocolate Pudding ----- Veggie Gratin Frittata	Flake Crunchy Baked Fish Rice Pilaf Peas & Carrots- Seasoned Lemon Pudding Cake ----- Hamburger on a Bun	Citrus Glazed Chicken Scalloped Potatoes Buttered Carrots Fresh Fruit Cup ----- Roast Pork Loin	Spaghetti & Meatballs Chopped Spinach Parmesan Breadstick Orange Sherbet ----- Crunchy Baked Fish
D I N N E R	Turkey Salad on Bun Lentil Soup Three Bean Salad Chilled Pears ----- Chef Salad	Creamy Vegetarian Lasagna Seasoned Green Peas Parmesan Breadstick Chilled Peaches ----- Turkey & Swiss Melt On White	Italian Meatball Sub Macaroni Salad Soft Chilled Pineapple ----- Turkey Rice Casserole	Turkey & Swiss Melt on White French Fried Potatoes Cole Slaw Chilled Applesauce ----- Cheese Pizza	Hot Dog on Bun Homestyle Baked Beans Marinated Cucumbers Mandarin Oranges ----- Oven Fried Chicken Tenders	Chicken Broccoli & Penne Alfredo Lettuce & Tomato Salad Brownie ----- Chunky Beef Chili Cornbread	Chicken & Dumplings Steamed Fresh Green Beans Carrot Cake ----- BBQ Pork on Bun

Hughes Health and Rehabilitation

2/12/18-2/18/18

4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Baked Waffle Sausage Links	Orange Juice Farina Scrambled Eggs Home Fries Wheat Toast ----- Texas French Toast	Orange Juice Oatmeal Omelet Potato Vegetable Wheat Toast	Orange Juice Cream of Rice French Toast ----- Banana Bread	Orange Juice Cinnamon Oatmeal Bacon Strips Pancake	Orange Juice Oatmeal Spanish Scramble Wheat Toast	Orange Juice Grits Cheese Scrambled Eggs Raisin Toast Home Fries
L U N C H	Beef Pot Roast Mashed Potatoes Steamed Corn Chilled Pears ----- Bowties w/Sausage & Tomatoes	Roast Turkey Buttered Carrots Parslied Potatoes Blueberry Buckle ----- Ginger Roast Pork	Herb Baked Chicken Herbed Orzo Pasta Roasted Butternut Squash Angel Cake/ Strawberries ----- Dilled Pollock	Mustard Crusted Pork Loin Roasted Red Potatoes Peas & Carrots- Seasoned Apple Crisp ----- Alfredo Cheese Tortellini	Flake Crunchy Baked Fish Herb Buttered Egg Noodles Buttered Carrots Frosted Spice Cake ----- Beef Burgundy	Turkey Tetrazzini Harvard Beets Wheat Roll Mandarin Oranges ----- Polish Sausage on Bun	Hamburger Macaroni Casserole Steamed Fresh Zucchini Parmesan Breadstick Chilled Peaches ----- Liver & Onions
D I N N E R	Cream of Vegetable Soup Saltine Crackers Chicken Salad Sandwich on Wheat Potato Salad Chocolate Mousse ----- Hot Dog on Bun	Macaroni & Cheese Parmesan Breadstick Fresh Steamed Broccoli Spiced Peaches ----- Salisbury Steak	Potato Soup Saltine Crackers Quiche Lorraine Steamed Fresh Green Beans Cinnamon Bananas ----- Turkey & Swiss Melt on White	Shepherd's Pie Steamed Fresh Yellow Squash Chilled Pears ----- Pulled Chicken BBQ on Bun	Cheeseburger on Bun Creamy Coleslaw Baked Beans Fresh Fruit Cup ----- Cod Cakes	Pasta Fagioli Saltine Crackers Cheese Pizza Mediterranean Roasted Vegetables Chocolate Chip Cookies ----- Chef Salad	Oven Fried Chicken Tenders Potato Tots Corn O'Brien Brownie ----- Tuna Melt Sandwich on Wheat

Hughes Health and Rehabilitation

2/19/18-2/25/18

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Denver Omelet Wheat Toast	Orange Juice Farina Scrambled Eggs Wheat Toast Hashbrowns w/Onion	Orange Juice Oatmeal Pancake Sausage Links	Orange Juice Cream of Rice Cheesy Scrambled Eggs O'Brien Potatoes Wheat Toast	Orange Juice Farina Bacon Strips Vanilla Texas French Toast	Orange Juice Oatmeal Omelet Potato Vegetable White Toast	Orange Juice Grits Scrambled Eggs Home Fries Wheat Toast
L U N C H	Roasted Pork Loin Rice Pilaf Sautéed Cabbage Strawberry Shortcake ----- Chicken Pot Pie	Chicken Cacciatore Bowtie Pasta Steamed Fresh Yellow Squash Wheat Roll Gingerbread w/Whipped Topping ----- Broccoli and Cheese Quiche	Veg Stuffed Turkey Breast Israeli Couscous Seasoned Green Beans Orange Sour Cream Cake ----- Seafood Cake	Beef Lasagna Steamed Fresh Zucchini Wheat Roll Frosted Marble Cake ----- Italian Chicken Breast	Italian Baked Pollock Orzo Seasoned Spinach Vanilla Ice Cream ----- Hearty Chicken Stew	Salisbury Steak Roasted Red Potatoes Steamed Corn Mandarin Oranges ----- Turkey Divan	Teriyaki Chicken Rice White Vegetable Stir Fry Applesauce Cake ----- Baked Tilapia
D I N N E R	Hot Turkey Sandwich Mashed Potatoes Buttered Carrots Spiced Peaches ----- Beef Patty Melt	Creamy Tomato Soup Grilled American Cheese On Wheat Potato Tots Apple Crisp ----- Hamburger on a Bun	Home Stuffed Peppers Seasoned Egg Noodles Chilled Pears ----- Egg Salad on Wheat	Rosemary Lemon Chicken Thighs Rice Pilaf Fresh Steamed Broccoli Fruited Gelatin Salad ----- Macaroni & Cheese	Chicken Minestrone Soup Cheese Pizza Lettuce & Tomato Salad Fresh Fruit Cup ----- Turkey & Swiss Melt on White	BBQ Pork on Bun Homestyle Baked Beans Cole Slaw Blondie Bar ----- Citrus Glazed Chicken	Cheese Ravioli w/Marinara Lettuce & Tomato Salad Garlic Bread Cinnamon Bananas ----- OpF Hot Roast Beef Sandwich

Hughes Health and Rehabilitation

2/26/18-3/4/18

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Belgian Waffle Sausage Patty	Orange Juice Farina Cheesy Scrambled Eggs Hashbrowns w/Onion Wheat Toast ----- Pancake	Orange Juice Oatmeal Texas French Toast Bacon Strips ----- Fried Egg White Toast	Orange Juice Cream of Rice Scrambled Eggs Honey Wheat English Muffin	Orange Juice Farina Pancake	Orange Juice Oatmeal Scrambled Eggs	Orange Juice Grits Cheesy Omelet Hashbrowns w/Onion Wheat Toast
L U N C H	Roast Turkey Whipped Potatoes Seasoned Green Beans Chilled Pears ----- Meatloaf Beef	Orange Glazed Pork Roast Scalloped Potatoes Buttered Carrots Chilled Peaches ----- Cheesy Ziti Bake Parmesan Breadstick	Chicken Marsala Orzo Sautéed Zucchini & Yellow Squash Poke Cake ----- Cheese Pizza	Beef Stew Fresh Biscuit Apple Pie ----- Macaroni & Cheese	Baked Pollock Parslied Potatoes Fresh Steamed Broccoli Wheat Roll Pineapple Upside-Down Cake ----- Roast Pork Loin	Turkey Noodle Casserole Seasoned Spinach Mandarin Oranges ----- Salisbury Steak	Chicken a L'Orange Rice White Steamed Fresh Zucchini Wheat Roll Vanilla Ice Cream ----- Hot Dog on Bun
D I N N E R	Homemade Tomato Rice Soup Saltine Crackers Ham & American Cheese Melt Garden Pasta Salad Homemade Brownie Whole Milk ----- Chicken Caesar Salad/Dressing	Sloppy Joe on Bun Fresh Steamed Broccoli Vanilla Mousse ----- Tilapia Piccata	Stuffed Shells w/ Marinara Sauce Steamed Green Peas Chilled Pineapple ----- Shepherd's Pie	Saltine Crackers Egg Salad on Pumpnickel Pasta Fagioli Carrot Raisin Salad Frosted Spice Cake ----- Corn Flake Oven Fried Chicken	Saltine Crackers Split Pea Soup Chicken Salad Croissant Harvard Beets Cinnamon Applesauce ----- Cheese Ravioli w/Marinara	Pierogis w/Onion Kielbasa Sausage Sautéed Cabbage Deluxe Chocolate Cake ----- Tuna Melt Sandwich on Wheat	Swedish Meatballs Seasoned Egg Noodles Steamed Green Peas Fruited Gelatin Salad ----- Vegetarian Chili