

# Hughes Health and Rehabilitation

1/1/18-1/7/18

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Oatmeal Belgian Waffle Sausage Patty ----- Scrambled Eggs Wheat Toast	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 ----- Hard Boiled Egg	Orange Juice Farina Pancake ----- Yogurt & Strawberries Cinnamon Streusel	Orange Juice Oatmeal Scrambled Eggs ----- Hard Boiled Egg Blueberry Muffin w/Butter	Orange Juice Grits Cheesy Omelet Hashbrowns w/Onion Wheat Toast ----- Baked Waffle
<b>L U N C H</b>	Roast Turkey Whipped Potatoes Seasoned Green Beans Chilled Pears ----- Meatloaf Beef Dinner Roll	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 Stroganoff Seasoned Egg Noodles Steamed Corn Bread Pudding ----- 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
<b>D I N N E R</b>	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 Oven Baked Fries	Stuffed Shells w/ Marinara Sauce Steamed Green Peas Chilled Pineapple ----- Shepherd's Pie Wheat Roll	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	Saltine Crackers Swedish Meatballs Seasoned Egg Noodles Steamed Green Peas Fruited Gelatin Salad ----- Vegetarian Chili

# Hughes Health and Rehabilitation

1/8/18-1/14/18

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Oatmeal Ham & Cheese Omelet Wheat Toast ----- Baked Waffle Bacon Strips	Orange Juice Farina Egg & Cheese on English Muffin Home Fries ----- Pancake	Orange Juice Oatmeal Pancake Bacon Strips ----- Scrambled Eggs Wheat Toast	Orange Juice Cream of Rice Belgian Waffle ----- Cheesy Scrambled Eggs Banana Bread	Orange Juice Farina Vanilla Texas French Toast ----- Scrambled Eggs Wheat Toast	Orange Juice Oatmeal Cheesy Scrambled Eggs Hashbrowns w/Onion Wheat Toast ----- Fruit & Cottage Cheese Plate Cinnamon Streusel	Orange Juice Grits Scrambled Eggs Wheat Toast ----- Baked Waffle
<b>L U N C H</b>	Breaded Pork Chop Scalloped Potatoes Buttered Carrots Yellow Cake/Choc Icing Whole Milk ----- 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
<b>D I N N E R</b>	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

1/15/18-1/21/18

4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Oatmeal Baked Waffle Sausage Links ----- Scrambled Eggs	Orange Juice Farina Scrambled Eggs Home Fries Wheat Toast ----- Texas French Toast	Orange Juice Oatmeal Omelet Potato Vegetable Wheat Toast ----- Yogurt & Strawberries Blueberry Muffin	Orange Juice Cream of Rice French Toast ----- Fried Egg Banana Bread	Orange Juice Cinnamon Oatmeal Bacon Strips Pancake ----- Fruit & Cottage Cheese Plate	Orange Juice Oatmeal Spanish Scramble Wheat Toast ----- Baked Waffle	Orange Juice Grits Cheese Scrambled Eggs Raisin Toast Home Fries ----- Hard Boiled Egg
<b>L U N C H</b>	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	Potato 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
<b>D I N N E R</b>	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

1/22/18-1/28/18

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Oatmeal Denver Omelet Wheat Toast ----- Belgian Waffle	Orange Juice Farina Scrambled Eggs Wheat Toast Hashbrowns w/Onion ----- Hard Boiled Egg	Orange Juice Oatmeal Pancake Sausage Links ----- Yogurt & Strawberries Blueberry Muffin	Orange Juice Cream of Rice Cheesy Scrambled Eggs O'Brien Potatoes Wheat Toast ----- Belgian Waffle	Orange Juice Farina Bacon Strips Vanilla Texas French Toast ----- Fried Egg Corn Muffin	Orange Juice Oatmeal Omelet Potato Vegetable White Toast ----- Hard Boiled Egg Cranberry Muffin	Orange Juice Grits Scrambled Eggs Home Fries Wheat Toast ----- Fruit & Cottage Cheese Plate
<b>L U N C H</b>	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
<b>D I N N E R</b>	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

1/29/18-2/4/18

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Oatmeal Belgian Waffle Sausage Patty ----- Scrambled Eggs Wheat Toast	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 ----- Hard Boiled Egg	Orange Juice Farina Pancake ----- Yogurt & Strawberries Cinnamon Streusel	Orange Juice Oatmeal Scrambled Eggs ----- Hard Boiled Egg Blueberry Muffin w/Butter	Orange Juice Grits Cheesy Omelet Hashbrowns w/Onion Wheat Toast ----- Baked Waffle
<b>L U N C H</b>	Roast Turkey Whipped Potatoes Seasoned Green Beans Chilled Pears ----- Meatloaf Beef Dinner Roll	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 Stroganoff Seasoned Egg Noodles Steamed Corn Bread Pudding ----- 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
<b>D I N N E R</b>	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 Oven Baked Fries	Stuffed Shells w/ Marinara Sauce Steamed Green Peas Chilled Pineapple ----- Shepherd's Pie Wheat Roll	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	Saltine Crackers Swedish Meatballs Seasoned Egg Noodles Steamed Green Peas Fruited Gelatin Salad ----- Vegetarian Chili