

# Hughes Health and Rehabilitation

12/31/18-1/6/19

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

# Hughes Health and Rehabilitation

1/7/2019-1/13/2019

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

# Hughes Health and Rehabilitation

1/14/2019-1/20/2019

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

# Hughes Health and Rehabilitation

1/21/2019-1/27/2019

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

# Hughes Health and Rehabilitation

1/28/2019-2/3/19

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