

Hughes Health and Rehabilitation

10/29/18-11/4/18

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 Buttered Wide Egg Noodles Seasoned Green Beans Chocolate Mousse ----- Lemon Baked Cod	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Frosted Chocolate Cupcake ----- 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 Red Gelatin ----- 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

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11/5/18-11/11/18

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	Hawaiian Ham Mashed Potatoes Lyonnaise Carrots Chocolate Chunk Cookies ----- Turkey Fricassee	Corned Beef Boiled Potatoes Braised Green Cabbage Brownie ----- Baked Tilapia	Cod Bella Vista Buttered Orzo Garlic Lemon Broccoli Mandarin Oranges ----- Stuffed Shells w/Marinara Sauce	Chicken Piccata Herbed Rice Steamed Fresh Zucchini Cinnamon Bananas ----- Cheese Pizza
D I N N E R	Saltine Crackers Ginger Carrot Soup Cheeseburger Pie Frosted Marble Cake ----- Chicken Salad on a Bun	Polish Sausage Pierogies w/Onion Sweet and Sour Red Cabbage Vanilla Mousse ----- Tuna Salad on a Croissant	Ham & Swiss Hot on Onion Roll Sandwich Dill Potato Salad Crisp Tomatoes & Cucumbers Chilled Pineapple ----- Egg Salad/Pita Plate	Philly Chicken Sandwich Potato Tots Diced Harvard Beets Scalloped Apples ----- Beef Taco Salad	Saltine Crackers Homemade Garden Veg Soup Italian Meatball Sub Potato Chips Chilled Pears ----- Chicken Caesar Salad	Turkey Burger on a Bun Tater Tots Creamy Coleslaw Red Gelatin ----- Hot Dog on a Bun	Macaroni & Cheese Steamed Green Peas Peanut Butter Cookies ----- Tuna Noodle Casserole

Hughes Health and Rehabilitation

11/12/18-11/18/18

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 ----- Broccoli and Cheese Casserole	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 Tapioca Pudding ----- Vegetarian Chili	Roast Turkey Herbed Rice Baby Lima Beans Poke Cake ----- Mustard Crusted Pork Loin	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 ----- Cheese Quiche	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

11/19/18-11/25/18

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	Potato Encrusted Cod Rice Pilaf Steamed Fresh Green Beans Orange Sherbet ----- Cheese Ravioli w/Marinara	Roast Turkey Turkey Gravy Bread Stuffing Whipped Potatoes Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Apple Pie Pumpkin Pie	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 Yellow Squash 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 Turkey Sloppy Joe Dill Potato Salad Vanilla Ice Cream ----- Broccoli and Cheese Quiche	Ham Salad on a Croissant Tater Tots Cole Slaw Chocolate Chip Cookies ----- Hamburger on a Bun	Turkey a la King Seasoned Egg Noodles Fresh Steamed Broccoli Vanilla Mousse ----- Tuna Melt Sandwich on Wheat

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 Buttered Wide Egg Noodles Seasoned Green Beans Chocolate Mousse ----- Lemon Baked Cod	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Frosted Chocolate Cupcake ----- 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 Red Gelatin ----- 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