

Hughes Health and Rehabilitation

9/25/17-10/1/17

| 2 | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|--|--|---|---|--|--|
| B R E A K F A S T | Orange Juice Oatmeal Texas French Toast Bacon Strips ----- Scrambled Eggs Blueberry Muffin | Orange Juice Farina Cheesy Scrambled Eggs Hashbrowns w/Onion Whole Wheat English Muffin ----- Pancake | Orange Juice Oatmeal Waffle w/Berry Compote ----- Hard Boiled Egg Bacon Strips | Orange Juice Oatmeal Scrambled Eggs Sausage Links Banana Bread ----- Cinnamon French Toast | Orange Juice Farina Ham & Potato Breakfast Casserole Wheat Toast ----- Scrambled Eggs | Orange Juice Oatmeal Cheese Omelet Sausage Links Wheat Toast ----- Hard Boiled Egg Apple Muffin | Orange Juice Oatmeal Scrambled Eggs Home Fries Raisin Toast ----- Pancake |
| L U N C H | Meatloaf Beef Mashed Potatoes Fresh Steamed Broccoli Peanut Butter Cookies ----- Crab Cakes | Chicken Pineapple Teriyaki Rice White Steamed Fresh Yellow Squash Poke Cake ----- Mustard Crusted Pork Loin | Sole A L'Orange Baked Potato Seasoned Spinach Peach Pie ----- Turkey Cutlet & Gravy | Smothered Pork Chop Roasted Red Potatoes Fresh Steamed Cauliflower Chocolate Chip Cookies ----- Lemon Garlic Chicken | Onion Braised Beef Brisket Whipped Potatoes Corn O'Brien Brownie ----- Bake Meat Ziti Garlic Bread | Chicken Parmesan Cutlet Herbed Penne Pasta Steamed Peas & Mushrooms Peaches & Cream ----- Cheese Pizza | Oven-Fried Chicken Oven-Browned Potatoes Seasoned Green Beans Strawberry Cloud Cake ----- Roast Beef |
| D I N N E R | Kielbasa Sausage Pierogis' w/Onion Sautéed Cabbage Spiced Peaches ----- Ham Salad Sandwich Parmesan Breadstick | Beef Barley Soup Broccoli and Cheese Quiche Wheat Roll Parsley Carrots Cinnamon Applesauce ----- Tuna Melt Sandwich on Wheat | Turkey Vegetable Soup Swedish Meatballs Seasoned Egg Noodles Harvard Beets Vanilla Mousse ----- Pulled Chicken BBQ on Bun Creamy Pasta Salad Penne | Country Vegetable Soup Turkey Mornay Steamed Baby Carrots Chilled Pears ----- Beef Patty Melt | Vegetarian Lentil Soup Tuna Noodle Casserole Strawberry Rhubarb Pie ----- Chicken Caesar Salad/Dressing Wheat Roll | Homemade Tomato Rice Soup Turkey & Swiss Melt Marinated Cucumbers Chilled Apricots ----- Spinach and Strawberry Salad no/Nut Parmesan Breadstick | Chicken Noodle Soup Tortellini Primavera Macaroni Salad Parmesan Breadstick Fresh Fruit Cup ----- Grilled Cheese & Tomato on Wheat |

Hughes Health and Rehabilitation

10/2/17-10/8/17

| 1 | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|--|--|--|--|--|---|
| B R E A K F A S T | Orange Juice Oatmeal Denver Omelet Wheat Toast ----- Bacon Strips 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 ----- Sausage Links Belgian Waffle | Orange Juice Farina Bacon Strips Vanilla Texas French Toast ----- Fried Egg Corn Muffin | Orange Juice Oatmeal Scrambled Eggs Corned Beef Breakfast Skillet White Toast ----- Hard Boiled Egg Cranberry Muffin | Orange Juice Grits Scrambled Eggs Home Fries Wheat Toast ---- Fruit & Cottage Cheese Plate Assorted Mini Danish |
| L U N C H | Roasted Pork Loin Baked Sweet Potato Sauted 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 Saltine Crackers Homemade Minestrone Soup Mashed Potatoes Buttered Carrots Spiced Peaches ----- Tuna Melt Sandwich on Wheat | Pork Schnitzel O'Brien Potatoes Creamstyle Corn Baked Apple w/Cinnamon ----- Hamburger on a Bun | Butternut Squash Soup Home Stuffed Peppers Seasoned Egg Noodles Stewed Tomatoes 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 | Pork Roast on Bun Homestyle Baked Beans Cole Slaw Blondie Bar ----- Citrus Glazed Chicken | Saltine Crackers Turkey Rice Soup Cheese Ravioli w/Marinara Steamed Green Peas Garlic Bread Cinnamon Bananas ----- OpF Hot Roast Beef Sandwich |

Hughes Health and Rehabilitation

10/9/17-10/15/17

| 2 | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|--|---|--|---|---|--|
| B R E A K F A S T | 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 Western Omelet Honey Wheat English Muffin ----- Hard Boiled Egg | Orange Juice Farina Pancake ----- Yogurt & Strawberries Cinnamon Streusel | Orange Juice Oatmeal Biscuit & Sawmill Gravy Scrambled Eggs ----- Hard Boiled Egg Blueberry Muffin w/Butter | Orange Juice Grits Cheesy Omelet Hashbrowns w/Onion Wheat Toast ----- Baked Waffle |
| L U N C H | Roast Turkey Whipped Potatoes Seasoned Green Beans Poached Pears ----- Ground Sirloin Steak Dinner Roll | Orange Glazed Pork Roast Scalloped Potatoes Buttered Carrots Chilled Peaches ----- Bake Meat Ziti Parmesan Breadstick | Chicken Marsala Orzo Sauteed Zucchini & Yellow Squash Poke Cake ----- Cheese Pizza | Beef Stroganoff Bread Pudding Seasoned Egg Noodles Peas & Carrots-Seasoned ----- Macaroni & Cheese | Baked Pollock Parslied Potatoes Sesame Steamed Broccoli Wheat Roll Pineapple Upside-Down Cake ----- Corned Beef | Turkey Noodle Casserole Baked Acorn Squash 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 Creamy Pasta Salad Penne Homemade Brownie ----- Chicken Caesar Salad/Dressing Rye Toast | Sloppy Joe on Bun Fresh Steamed Broccoli Oven-Browned Potatoes Vanilla Mousse ----- Tilapia Piccata | Stuffed Manicotti in Marinara Sauce Steamed Peas & Mushrooms Chilled Pineapple ----- Shepherd's Pie Wheat Roll | Saltine Crackers Pasta Fagioli Egg Salad on Pumpnickel 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 | Pierogies w/Onion Kielbasa Sausage Sauteed Cabbage Deluxe Chocolate Cake ----- Tuna Melt Sandwich on Wheat | Turkey Rice Soup Saltine Crackers Swedish Meatballs Seasoned Egg Noodles Steamed Green Peas Fruited Gelatin Salad ----- Vegetarian Chili |

Hughes Health and Rehabilitation

10/16/17-10/22/17

| 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 ----- 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 Sausage Links 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 Corned Beef Breakfast Skillet ----- Baked Waffle Wheat Toast |
| L U N C H | Breaded Pork Chop Scalloped Potatoes Buttered Carrots Yellow Cake/Choc Icing Whole Milk ----- Shepherd's Pie | Spaghetti & Meatballs Parmesan Breadstick Chopped Spinach Orange Sherbet ----- Potato Encrusted Cod | Turkey Pot Pie Fresh Biscuit Fresh Steamed Cauliflower Ginger Pear Cake ----- Butternut Squash Mac & Cheese | Meatloaf Beef Whipped Potatoes Stewed Tomatoes Pumpkin Pie ----- Veggie Gratin Frittata | Flake Crunchy Baked Fish Rice Pilaf Peas & Carrots- Seasoned Wheat Roll Lemon Pudding Cake ----- Mustard Crusted Pork Loin | Grilled Ham Steak Scalloped Potatoes Buttered Carrots Fresh Fruit Cup ----- Citrus Glazed Chicken | Garlic Oregano Chicken Mashed Red Potatoes Roasted Zucchini & Tomatoes Vanilla Ice Cream ----- Cheesy Ziti Bake |
| D I N N E R | Saltine Crackers Lentil Soup Turkey Salad on Bun Three Bean Salad Chilled Pears ----- Chef Salad | Chicken & Dumplings Steamed Fresh Green Beans Carrot Cake ----- Pork Roast on Bun | Baked Fish on Bun Potato Tots Confetti Coleslaw Cinnamon Applesauce ----- Cheese Pizza | Creamy Vegetarian Lasagna Garlic Bread Seasoned Green Peas Chilled Peaches ----- Turkey & Swiss Melt French Fried Potatoes | Saltine Crackers Split Pea Soup Chicken Noodle Casserole Cornbread Mexican Corn Mandarin Oranges ----- Chunky Beef Chili Iceberg Tossed Salad | Hot Dog on Bun Homestyle Baked Beans Confetti Coleslaw Apple Pie ----- Chicken Tenders | Country Vegetable Soup Italian Meatball Sub Macaroni Salad Chilled Pineapple ----- Turkey Rice Casserole |

Hughes Health and Rehabilitation

10/23/17-10/29/17

| 4 | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|--|--|---|--|--|---|
| B R E A K F A S T | Orange Juice Oatmeal Baked Waffle Sausage Links ----- Scrambled Eggs Wheat Toast | Orange Juice Farina Scrambled Eggs Home Fries ----- Texas French Toast | Orange Juice Oatmeal Western Scrambled Eggs Raisin Toast ----- Yogurt & Strawberries Blueberry Muffin | Orange Juice Cream of Rice Sausage Links French Toast ----- Fried Egg Banana Bread | Orange Juice Cinnamon Oatmeal Bacon Strips Pancake ----- Fruit & Cottage Cheese Plate Cinnamon Streusel | Orange Juice Oatmeal Ham & Potato Breakfast Casserole Wheat Toast ----- Baked Waffle | Orange Juice Grits Cheese Scrambled Eggs Raisin Toast Home Fries ----- Hard Boiled Egg |
| L U N C H | Beef Pot Roast Mashed Potatoes Steamed Corn Chilled Apricots ----- Bowties w/Sausage & Tomatoes | Roast Turkey Parslied Potatoes Buttered Carrots Blueberry Buckle ----- Corned Beef | Herb Baked Chicken Herbed Orzo Pasta Roasted Butternut Squash Angel Cake/ Strawberries ----- Dilled Pollock | Mustard Crusted Pork Loin Roasted Red Potatoes Peas & Carrots- Seasoned Wheat Roll Apple Brown Betty ----- Alfredo Cheese Tortellini | Potato Encrusted Cod 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 Chicken Salad Sandwich on Wheat Potato Salad Chocolate Mousse ----- Hot Dog on Bun | Macaroni & Cheese Parmesan Breadstick Herbed Orzo Pasta Fresh Steamed Broccoli Spiced Peaches ----- Ginger Roast Pork | Potato Soup Saltine Crackers Quiche Lorraine Steamed Fresh Green Beans Cinnamon Bananas ----- Turkey & Swiss Melt | Shepherd's Pie Steamed Fresh Yellow Squash Chilled Pears ----- Pulled Chicken BBQ on Bun | Cheeseburger on Bun Baked Beans Creamy Coleslaw 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

10/30/17-11/5/17

| 1 | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|--|--|--|--|--|---|
| B R E A K F A S T | Orange Juice Oatmeal Denver Omelet Wheat Toast ----- Bacon Strips 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 ----- Sausage Links Belgian Waffle | Orange Juice Farina Bacon Strips Vanilla Texas French Toast ----- Fried Egg Corn Muffin | Orange Juice Oatmeal Scrambled Eggs Corned Beef Breakfast Skillet White Toast ----- Hard Boiled Egg Cranberry Muffin | Orange Juice Grits Scrambled Eggs Home Fries Wheat Toast ---- Fruit & Cottage Cheese Plate Assorted Mini Danish |
| L U N C H | Roasted Pork Loin Baked Sweet Potato Sauted 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 Saltine Crackers Homemade Minestrone Soup Mashed Potatoes Buttered Carrots Spiced Peaches ----- Tuna Melt Sandwich on Wheat | Pork Schnitzel O'Brien Potatoes Creamstyle Corn Baked Apple w/Cinnamon ----- Hamburger on a Bun | Butternut Squash Soup Home Stuffed Peppers Seasoned Egg Noodles Stewed Tomatoes 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 | Pork Roast on Bun Homestyle Baked Beans Cole Slaw Blondie Bar ----- Citrus Glazed Chicken | Saltine Crackers Turkey Rice Soup Cheese Ravioli w/Marinara Steamed Green Peas Garlic Bread Cinnamon Bananas ----- OpF Hot Roast Beef Sandwich |