

Hughes Health and Rehabilitation

10/1/18-10/7/18

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Bacon Strips French Toast	Orange Juice Farina Egg and Cheese on English Muffin	Orange Juice Oatmeal Potato Breakfast Casserole Wheat Toast	Orange Juice Cream of Rice Cheese Scrambled Eggs Blueberry Pancake	Orange Juice Farina Baked Waffle Sausage Links	Orange Juice Oatmeal Cheese Omelet Hashbrowns w/Onion	Orange Juice Grits Cheesy Omelet Biscuit & Sawmill Gravy Scrambled Eggs
L U N C H	Grilled Pork Tips Macaroni & Cheese Seasoned Spinach Cornbread Blueberry Crisp ----- Liver & Onion	Grilled Peach Chicken Breast Herbed Couscous Sauteed Zucchini Ambrosia Soft ----- Polish Sausage	Turkey Pot Roast Mashed Potatoes Baby Lima Beans Fresh Biscuit Peaches & Cream ----- Herb Crusted Cod	Honey Glazed Chicken Thighs Herbed Rice Orange Ginger Carrots Brownie ----- Spinach Stuffed Pork Loin	Tilapia Vera Cruz Buttered Wide Egg Noodles Fresh Steamed Broccoli Sherbet ----- Cheese Pizza	Penne Pasta with Meat Sauce Cauliflower & Red Peppers Parmesan Breadstick Vanilla Ice Cream ----- Vegetarian Chili	Garlic Oregano Chicken Roasted Red Potatoes Seasoned Green Peas Chocolate Mousse ----- Crustless Broccoli and Cheese Quiche
D I N N E R	Saltine Crackers Homemade Garden Veg Soup Ham Salad on Croissant Broccoli Raisin Salad Red Gelatin ----- Cheeseburger on a Bun	Cheese Quesadilla Spanish Rice Mexican Corn Vanilla Ice Cream ----- Tuna Melt Sandwich on Wheat	Macaroni & Cheese Fresh String Beans Banana Pineapple Dessert ----- Chef Salad	Saltine Crackers Minestrone Soup Hmd Seafood Salad Wrap Cinnamon Applesauce ----- Oven Fried Chicken Tenders Cole Slaw	Turkey Burger on Bun Tater Tots Harvard Beets Chilled Pineapple ----- Hot Dog on a Bun	Ham & Swiss Melt Three Bean Salad Chocolate Chip Cookies ----- Fruit & Cottage Cheese Plate	Shredded BBQ Beef Sandwich Roasted Vegetable Pasta Salad Seasoned Whole Kernel Corn Chilled Pears ----- Macaroni & Cheese

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10/8/18-10/14/18

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Cheesy Scrambled Eggs Raisin Toast	Orange Juice Farina Denver Omelet Hashbrowns w/Onion Wheat Toast	Orange Juice Oatmeal Chocolate Chip Pancake Bacon Strips	Orange Juice Cream of Rice Vanilla Texas French Toast	Orange Juice Farina Yogurt & Strawberries Cheesy Scrambled Eggs Croissant	Orange Juice Oatmeal Baked Waffle Sausage Links	Orange Juice Grits Spanish Scrambled Eggs Home Fries Wheat Toast
L U N C H	Beef & Cabbage Bake Steamed Fresh Green Beans Wheat Roll Fresh Fruit Cup ----- Cheese Pizza	Chicken Pineapple Teriyaki Rice White Sesame Carrots Peach Crisp ----- Mustard Crusted Pork Loin	Herb Crusted Cod Herbed Couscous Seasoned Spinach Homemade Ice Cream Sandwich ----- Turkey Dijonaise	Honey Apple Pork Loin Herb Buttered Egg Noodles Oven-Roasted Brussels Sprouts Strawberry Shortcake ----- Cheese Ravioli w/Marinara	Italian Roast Turkey Whipped Potatoes Steamed Fresh Yellow Squash Chilled Pears ----- Baked Tilapia	Rigatoni Alfredo Steamed Fresh Zucchini Parmesan Breadstick Rocky Road Brownie ----- Beef Burgundy	Lemon Chicken Herbed Orzo Pasta Steamed Corn Orange Sherbet ----- Italian Ziti Bake
D I N N E R	Homemade Barley Chunky Vegetable Soup Chicken Salad on Bun Potato Salad Spiced Peaches ----- Cheeseburger on Whole Wheat Bun	Taco Beef Seasoned Mixed Corn Vegetable Shredded Lettuce Fresh Salsa Cheese Blend Soft Taco Shells Chocolate Ice Cream ----- Ham & Swiss Melt	Saltine Crackers Chicken Noodle Soup Egg Salad on Wheat Carrot Raisin Salad Vanilla Mousse ----- Tuna Melt Sandwich on White	Beef Patty Melt Potato Tots Creamy Coleslaw Chilled Pineapple ----- Grilled Cheese & Tomato	Chicken Caesar Wrap Fresh Baked Sweet Potato Fries Chocolate Pudding ----- Turkey & Swiss Melt on Wheat	Hot Dog on a Bun Homestyle Baked Beans Carrot & Pineapple Salad Chocolate Chip Cookies ----- Chef Salad	BBQ Pork on a Bun Creamy Pasta Salad Rotini Marinated Cucumbers Citrus Gelatin ----- Chicken Caesar Salad/Dressing

Hughes Health and Rehabilitation

10/15/18-10/21/18

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Sausage Links Scrambled Eggs	Orange Juice Farina French Toast	Orange Juice Oatmeal Baked Waffle	Orange Juice Cream of Rice Ham & Cheese Omelet Banana Bread	Orange Juice Farina Pancake	Orange Juice Oatmeal Western Scramble Wheat Toast	Orange Juice Grits Scrambled Eggs Bacon Strips Home Fries
L U N C H	Beef Stroganoff Seasoned Green Peas Lemon Meringue Pie ----- Broccoli and Cheese Quiche	Maple Roast Turkey Baked Sweet Potato Sauteed Zucchini Citrus Gelatin ----- Crispy Baked Cod	Shepherd's Pie Chopped Spinach Brownie ---- BBQ Chicken	Sweet & Sour Chicken Rice White Buttered Carrots Starburst Cake ----- Crustless Broccoli and Cheese Quiche	Lemon Pepper Cod Parslied Potato Steamed Fresh Yellow Squash Vanilla Ice Cream ----- Roasted Pork Loin	Turkey Tetrazzini Steamed Fresh Zucchini Vanilla Pudding ----- Hot Dog on a Bun	Cranberry Pork Loin Buttered Orzo Steamed Corn Dice Spiced Peaches ----- Lemon Garlic Chicken
D I N N E R	Sloppy Joe on a Bun Dill Potato Salad Soft Applesauce Cake ----- Grilled American Cheese Sandwich on White	Chicken & Fettuccine Alfredo Fresh Steamed Broccoli Oranges in White Topping ----- Hot Dog on a Bun	Cheese Pizza Lettuce & Tomato Salad Chocolate Pudding ----- Hamburger Macaroni Casserole	Kielbasa & Cabbage Buttered Wide Egg Noodles Dice Cinnamon Pear Halves ----- Tuna Melt Sandwich on Wheat	Cheeseburger on Bun Tater Tots Creamy Coleslaw Chilled Applesauce ----- Pulled Chicken BBQ on a Bun	Oven Fried Chicken Tenders Paprika Potatoes Crisp Tomatoes & Cucumbers Fresh Fruit Cup ----- Penne w/ Roasted Vegetables	Homemade Tomato Rice Soup Saltine Crackers Turkey & Swiss Melt on White Harvard Beets Macaroni Salad ----- Cheeseburger on a Bun

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10/22/18-10/28/18

4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Oatmeal Baked Waffle	Orange Juice Farina Scrambled Eggs Home Fries	Orange Juice Oatmeal Sausage Links Cheese Omelet	Orange Juice Cream of Rice French Toast	Orange Juice Farina Banana Pancake	Orange Juice Oatmeal Spanish Scrambled Eggs Wheat Toast	Orange Juice Grits Scrambled Eggs Bacon Strips
L U N C H	Cod Piccata Herbed Rice Seasoned Green Beans Frosted Banana Cake ----- Hamburger on a Bun	Roast Turkey & Cranberry Chutney Whipped Potatoes Buttered Carrots Butterscotch Pudding ----- Tortellini w/Marinara Sauce	Chicken Caprese Herbed Buttered Egg Noodles Broccoli w/Garlic Chocolate Cake ----- Hot Dog on a Bun	Ginger Roast Pork Buttered Orzo Fresh Steamed Cauliflower Red Gelatin ----- Cod Cakes	Crustless Turkey Pot Pie Seasoned Whole Kernel Corn Pineapple & Oranges ----- Liver & Onion	Stuffed Shells w/ Marinara Sauce Oven-Roasted Brussels Sprouts Apple Crisp ----- Chopped Sirloin w/ Mushrooms & Onion	Apricot Ginger Chicken Parslied Potato Seasoned Wax Beans Vanilla Pudding ----- Tuna Noodle Casserole
D I N N E R	Franks Beans & Brown Bread Creamy Dilled Cucumber Salad Chilled Pineapple ----- Cheese Pizza	Stuffed Pepper Casserole Braised Green Cabbage Chilled Pears ----- Grilled American Cheese Sandwich on White	Veggie Gratin Frittata Tomato Bean Salad Strawberry Ice Cream ----- Turkey Salad on a Bun	Shepherd's Pie Seasoned Green Peas Chocolate Pudding ----- Chef Salad	Chunky Beef & Bean Chili Baked Potato Orange Sherbet ----- Polish Sausage on a Bun	Vegetarian Lentil Soup Tuna Tomato Melt Sandwich Lettuce & Tomato Salad Sugar Cookies ----- Hot Dog on a Bun	Bake Meat Ziti Mediterranean Roasted Vegetables Cinnamon Applesauce ----- Oven Fried Chicken Breast

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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 2.5oz Harvard Beets Cinnamon Applesauce ----- Chicken Caesar Salad