

Hughes Health and Rehabilitation

8/26/2019-9/1/2019

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 Texas French Toast	Orange Juice Oatmeal Rancher's Eggs Home Fries	Orange Juice Apple Cinnamon Oatmeal Lemon Ricotta Pancakes	Orange Juice Farina Scrambled Egg Sausage Links Honey Wheat English Muffin	Orange Juice Oatmeal Baked Waffle Fresh Whole Banana	Orange Juice Farina Ham & Cheese Omelet Wheat Toast
L U N C H	Orange Glazed Pork Roast Oven-Browned Potatoes Chopped Spinach Peach Cobbler Cake ----- Chicken Lemon White Wine Butter Sauce	Teriyaki Chicken Jasmine Rice Seasoned Green Beans Fruited Gelatin Salad ----- Lemon Baked Cod	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Lemon Meringue Pie ----- Broccoli and Cheese Quiche	Sweet and Sour Braised Turkey Parslied Potato Fresh Steamed Broccoli Chilled Pineapples ----- Baked Tilapia	Baked Tilapia Rice Pilaf Fresh Steamed Summer Squash Blueberry Cobbler ----- Chef Salad	Beef Meatloaf 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	Sloppy Joe on a Bun Warm German Potato Salad No Bacon Dice Cinnamon Pear Halves ----- Fruit & Cottage Cheese Plate	Stuffed Bell Pepper Buttered Wide Egg Noodles Chocolate Mousse ----- Two Cheese Grilled Sandwich	Chicken Fajita Aztec Corn Fresh Cantaloupe ----- Egg Salad	Pepperoni Pizza Lettuce & Tomato Salad Vanilla Ice Cream ----- Hamburger Macaroni Casserole	Seafood Salad Wrap Three Bean Salad Mandarin Oranges ----- Veggie Burger on a Bun	Pork Roast Sandwich Macaroni Salad Chocolate Ice Cream ----- Spinach And Tomato Frittata	Hot Dog on a Bun Homestyle Baked Beans Cole Slaw Cinnamon Applesauce ----- Chicken Caesar Salad

Hughes Health and Rehabilitation

9/2/2019-9/8/2019

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 Biscuit & Sawmill Gravy	Orange Juice Oatmeal Baked Waffle
L U N C H	BBQ Chicken Roasted Potato Wedges Steamed Corn ----- Cheeseburger on a Bun Vanilla Ice Cream	Char Siu Pork BBQ Rice White Braised Green Cabbage Chilled Peaches ----- Broccoli and Cheese Quiche	Balsamic London Broil Whipped Potatoes Steamed Fresh Green Beans Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Rice Pilaf Steamed Fresh Zucchini Pineapple Upside- Down Cake ----- Cheese Pizza	Baked Seafood Stuffed Sole Buttered Egg Noodles Fresh Steamed Broccoli Butterscotch Pudding ----- Stuffed Shells w/Marinara Sauce	Shepherd's Pie Homemade Cheesecake w/Strawberry ----- Flake Baked Tilapia	Kielbasa Sausage Pierogies w/Onion Sauteed Cabbage Brownie ----- Turkey Fricasse
D I N N E R	Salad Taco Beef Bowl Mandarin Oranges ----- Chicken Salad on a Bun	Creamy Vegetarian Lasagna Fresh Steamed Broccoli Vanilla Mousse ----- Tuna Salad on a Croissant	Homemade Garden Vegetable Soup Turkey Salad on Bun Dill Potato Salad Chilled Pineapple ----- Egg Salad/Pita Plate	Tuna Salad on a Croissant Potato Chips Carrot Raisin Salad Fresh Diced Watermelon ----- Chicken Caesar Salad	Philly Chicken Sandwich Tater Tots Harvard Beets Chilled Pears ----- Cheese Pizza	Turkey Burger on a Bun Homestyle Baked Beans Creamy Coleslaw Chilled Applesauce ----- Hot Dog on a Bun	Macaroni & Cheese Steamed Green Peas Fruited Gelatin Salad ----- Lemon Chicken

Hughes Health and Rehabilitation

9/9/2019-9/15/2019

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
B R E A K F A S T	Orange Juice Farina Scrambled Eggs Rye Toast	Orange Juice Oatmeal Vanilla Texas French Toast	Orange Juice Farina Egg & Cheese Biscuit Sandwich	Orange Juice Apple Cinnamon Oatmeal Sausage Links Pancake	Orange Juice Farina Spanish Scramble Raisin Toast	Orange Juice Oatmeal Belgian Waffle	Orange Juice Farina Cheesy Scrambled Eggs Bacon Strips Wheat Toast
L U N C H	Pork Medallions Potatoes & Onions Fresh Garden Blend Vegetables Frosted Spice Cake ----- Cheeseburger on a Bun	Beef and Broccoli Vegetable Fried Rice Chilled Pineapple ----- Vegetable Quiche	Cheese Lasagna Steamed Broccoli & Cauliflower Angel Food Cake/Strawberries ---- Turkey Burger on a Bun	Chicken Marsala Herb Buttered Egg Noodles Steamed Peas & Pearl Onions Chocolate Mousse Pie ----- Vegetarian Chili	Cod Piccata Rice Pilaf Chopped Spinach Poke Cake ----- Cheese Pizza	Macaroni & Cheese Seasoned Green Beans Vanilla Ice Cream ----- Chicken Parmesan Cutlet	Roast Turkey Double Boiled Mashed Potato Southern Succotash 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 Broccoli Salad Fresh Fruit Cup ----- Liver & Onions	BBQ Chicken Garden Pasta Salad Chilled Pears ----- Chunky Beef Chili	Cream of Broccoli Soup Saltine Crackers Egg Salad on Wheat Red Cabbage Salad Chilled Pineapple ----- Grilled Swiss Cheese & Tomato	Hamburger on a Bun Potato Salad Mandarin Oranges ----- Oven Fried Chicken Tenders

Hughes Health and Rehabilitation

9/16/2019-9/22/2019

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 Cheesy 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	Teriyaki Pork Tenderloin White Rice Broccoli w/Garlic & Red Pepper Boston Cream Pie ----- Baked Tilapia	Oven-Fried Chicken Whipped Sweet Potatoes Steamed Fresh Zucchini Chilled Applesauce ----- Veggie Burger on a Bun	Teriyaki Pork Tenderloin White Rice Broccoli w/Garlic & Red Pepper Boston Cream Pie ----- Baked Tilapia	Salisbury Steak Whipped Potatoes Seasoned Peas & Carrots Apple Pie ----- Cheese Pizza	Parmesan Crusted Tilapia Seasoned Egg Noodles Buttered Carrots Fresh Diced Honey Dew ----- Beef Stroganoff	Garlic Oregano Chicken Oven-browned Potatoes Steamed Fresh Yellow Squash Mandarin Oranges ----- Baked Ziti with Meat Sauce	Stuffed Shells w/Marinara Sauce Steamed Fresh Zucchini Parmesan Breadstick Brownie ----- Hot Dog on a Bun
D I N N E R	Chicken Salad Sandwich on Wheat Plain Diced Beets Dice Peaches Halves ----- Cheese Ravioli w/Marinara Lettuce & Tomato Salad	Sweet & Sour Meatballs Buttered Wide Egg Noodles Sesame Carrots Banana Split Cake ----- Polish Sausage on a Bun	Vegetarian Lentil Soup Saltine Crackers Quiche Lorraine Steamed Fresh Green Beans Orange Sherbet ----- Pulled Chicken BBQ on a Bun	Rigatoni Alfredo Steamed Fresh Yellow Squash Parmesan Breadstick Chilled Pineapple ----- Grilled Cheese & Tomato on Wheat	Meatball Lover Pizza Harvard Beets Vanilla Ice Cream ----- Broccoli and Cheese Quiche	Ham Salad on a Croissant Potato Chips Tomato Cucumber Salad Chocolate Chip Cookies ----- Hamburger on a Bun	Chicken Tenders Double Boiled Mashed Potato Steamed Corn Vanilla Mousse ----- Tuna Melt Sandwich on Wheat

Hughes Health and Rehabilitation

9/23/2019-9/29/2019

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 Texas French Toast	Orange Juice Oatmeal Rancher's Eggs Home Fries	Orange Juice Apple Cinnamon Oatmeal Lemon Ricotta Pancakes	Orange Juice Farina Scrambled Egg Sausage Links Honey Wheat English Muffin	Orange Juice Oatmeal Baked Waffle Fresh Whole Banana	Orange Juice Farina Ham & Cheese Omelet Wheat Toast
L U N C H	Orange Glazed Pork Roast Oven-Browned Potatoes Chopped Spinach Peach Cobbler Cake ----- Chicken Lemon White Wine Butter Sauce	Teriyaki Chicken Jasmine Rice Seasoned Green Beans Fruited Gelatin Salad ----- Lemon Baked Cod	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Lemon Meringue Pie ----- Broccoli and Cheese Quiche	Sweet and Sour Braised Turkey Parslied Potato Fresh Steamed Broccoli Chilled Pineapples ----- Baked Tilapia	Baked Tilapia Rice Pilaf Fresh Steamed Summer Squash Blueberry Cobbler ----- Chef Salad	Beef Meatloaf 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	Sloppy Joe on a Bun Warm German Potato Salad No Bacon Dice Cinnamon Pear Halves ----- Fruit & Cottage Cheese Plate	Stuffed Bell Pepper Buttered Wide Egg Noodles Chocolate Mousse ----- Two Cheese Grilled Sandwich	Chicken Fajita Aztec Corn Fresh Cantaloupe ----- Egg Salad	Pepperoni Pizza Lettuce & Tomato Salad Vanilla Ice Cream ----- Hamburger Macaroni Casserole	Seafood Salad Wrap Three Bean Salad Mandarin Oranges ----- Veggie Burger on a Bun	Pork Roast Sandwich Macaroni Salad Chocolate Ice Cream ----- Spinach And Tomato Frittata	Hot Dog on a Bun Homestyle Baked Beans Cole Slaw Cinnamon Applesauce ----- Chicken Caesar Salad

Hughes Health and Rehabilitation

9/30/2019-10/6/2019

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 Biscuit & Sawmill Gravy	Orange Juice Oatmeal Baked Waffle
L U N C H	Turkey Tetrazzini Steamed Baby Carrots Banana Cream Pie ----- Herb Crusted Cod	Char Siu Pork BBQ Rice White Braised Green Cabbage Chilled Peaches ----- Broccoli and Cheese Quiche	Balsamic London Broil Whipped Potatoes Steamed Fresh Green Beans Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Rice Pilaf Steamed Fresh Zucchini Pineapple Upside- Down Cake ----- Cheese Pizza	Baked Seafood Stuffed Sole Buttered Egg Noodles Fresh Steamed Broccoli Butterscotch Pudding ----- Stuffed Shells w/Marinara Sauce	Shepherd's Pie Homemade Cheesecake w/Strawberry ----- Flake Baked Tilapia	Kielbasa Sausage Pierogies w/Onion Sauteed Cabbage Brownie ----- Turkey Fricasse
D I N N E R	Salad Taco Beef Bowl Mandarin Oranges ----- Chicken Salad on a Bun	Creamy Vegetarian Lasagna Fresh Steamed Broccoli Vanilla Mousse ----- Tuna Salad on a Croissant	Homemade Garden Vegetable Soup Turkey Salad on Bun Dill Potato Salad Chilled Pineapple ----- Egg Salad/Pita Plate	Tuna Salad on a Croissant Potato Chips Carrot Raisin Salad Fresh Diced Watermelon ----- Chicken Caesar Salad	Philly Chicken Sandwich Tater Tots Harvard Beets Chilled Pears ----- Cheese Pizza	Turkey Burger on a Bun Homestyle Baked Beans Creamy Coleslaw Chilled Applesauce ----- Hot Dog on a Bun	Macaroni & Cheese Steamed Green Peas Fruited Gelatin Salad ----- Lemon Chicken