

Hughes Health and Rehabilitation

8/31/2020-9/6/2020

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 White Rice Braised Green Cabbage Chilled Peaches ----- Broccoli and Cheese Quiche	American Beef Chop Suey Steamed Fresh Green Beans Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Buttered Egg Noodles Steamed Fresh Zucchini Pineapple Upside- Down Cake ----- Cheese Pizza	Lemon Pepper Baked Haddock Herbed Couscous Fresh Steamed Broccoli Tapioca Pudding ----- Stuffed Shells w/Marinara Sauce	Shepherd's Pie Homemade Cheesecake w/Strawberry ----- Lemon Pepper Cod	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	Philly Chicken Sandwich Tater Tots Plain Diced Beets Vanilla Mousse ----- Tuna Salad on a Croissant	Turkey Salad on a 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	Cheese Pizza Harvard Beets Chilled Pears ----- Crab and Fish Cake Sandwich	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

9/7/2020-9/13/2020

3	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 Farina Cheesy Scrambled Eggs 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	Bake Ziti with Meat Sauce Steamed Broccoli & Cauliflower Garlic Bread 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 on a Croissant 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 Cheese on Onion Roll	Butter Crusted Cod Parslied Potato Buttered Baby Carrots Cinnamon Applesauce ----- Chicken & Dumplings	Ham and Swiss Cheese Wrap Broccoli Salad Fresh Fruit Cup ----- Liver & Onions	BBQ Chicken Garden Pasta Salad Chilled Pears ----- Chunky Beef Chili	Polish Sausage on a Bun Tater Tots Cole Slaw Chilled Pineapple ----- Grilled Swiss Cheese & Tomato	Hamburger on a Bun Potato Salad Mandarin Oranges ----- Oven Fried Chicken Tenders

Hughes Health and Rehabilitation

9/14/2020-9/20/2020

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 ----- Crusted Haddock	Oven-Fried Chicken Whipped Sweet Potatoes Steamed Fresh Zucchini Chilled Applesauce ----- Veggie Burger on a Bun	Hot Dog on a Bun Homestyle Baked Beans Broccoli Salad Fresh Diced Watermelon ----- Cheese Ravioli w/Marinara	Salisbury Steak Whipped Potatoes Seasoned Peas & Carrots Apple Pie ----- Cheese Pizza	Parmesan Baked Cod 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 on a Bun 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	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 Lovers 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

9/21/2020-9/27/2020

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 Apple Crisp ----- Broccoli and Cheese Quiche	Sweet and Sour Braised Turkey Parslied Potato Fresh Steamed Broccoli Chilled Pineapples ----- Herb Crusted Cod	Butter Crusted Cod Rice Pilaf Fresh Steamed Summer Squash Blueberry Cobbler ----- BBQ Chicken	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 Creamy Coleslaw Dice Cinnamon Pear Halves ----- Fruit & Cottage Cheese Plate	Veal Marsala 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	Chef 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

9/28/2020-10/4/2020

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 White Rice Braised Green Cabbage Chilled Peaches ----- Broccoli and Cheese Quiche	American Beef Chop Suey Steamed Fresh Green Beans Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Buttered Egg Noodles Steamed Fresh Zucchini Pineapple Upside- Down Cake ----- Cheese Pizza	Lemon Pepper Baked Haddock Herbed Couscous Fresh Steamed Broccoli Tapioca Pudding ----- Stuffed Shells w/Marinara Sauce	Shepherd's Pie Homemade Cheesecake w/Strawberry ----- Lemon Pepper Cod	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	Philly Chicken Sandwich Tater Tots Plain Diced Beets Vanilla Mousse ----- Tuna Salad on a Croissant	Turkey Salad on a 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	Cheese Pizza Harvard Beets Chilled Pears ----- Crab and Fish Cake Sandwich	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