

HUGHES HEALTH AND REHABILITATION

3/7/10-3/13/10

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	8oz ORANGE JUICE 6oz OATMEAL 2oz/2sl OMLETTE/ BACON 1ea ASSORTED PASTRY 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM of WHEAT 2oz/1oz EGG/CHEESE 1ea ON A CROISSANT 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM of RICE 2sl FRENCH TOAST 1ea MAPLE SYRUP 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz MAYPO 2oz VEGETABLE FRITTATA 2sl TOAST 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2ea BUTTERMILK PANCAKES 1ea MAPLE SYRUP 2ea SAUSAGE 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM of WHEAT 1ea BOILED EGGS 1ea CINNAMON ROLL 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2oz SCRAMBLED EGG 2sl BACON 1ea FRESH MUFFIN 1ea BANANA 8oz MILK
L U N C H	3oz ROASTED TURKEY 3oz STUFFING/ CRANBERRY SAUCE 4oz BAKED SWEET POTATO 4oz PEAS 1ea DINNER ROLL 4oz RICE PUDDING 4oz MILK 4oz CRANBERRY JUICE	4oz CARNITA PORK 4oz RICE AND BEANS 4oz CALIFORNIA BLEND 1ea BREAD STICKS 1/8 pie BANANA CREAM PIE 4oz MILK 4oz PINEAPPLE JUICE	3oz ORANGE BAKED CHICKEN 4oz MASHED POTATO 4oz ZUCCHINI 1sl WHEAT BREAD 4oz SHERBET 4oz MILK 4oz CRANBERRY JUICE	6oz AMERICAN CHOP SUEY 4oz CAULIFLOWER 1sl WHITE BREAD 4oz APPLE PIE 4oz MILK 4oz APPLE JUICE	4oz CHICKEN NUGGETS 4oz RICE PILAF 4oz BROCCOLI 1sl WHITE BREAD 4oz PEACH AND PEAR CUP 4oz MILK 4oz PINEAPPLE JUICE	3oz STUFFED FISH 4oz POTATO ROMANOFF 4oz PRINCE VEGETABLES 1sl RYE BREAD 4oz ASSORTED ICE CREAM 4oz MILK 4oz APRICOT JUICE	3oz PORK ROAST 4oz SCALLOPED POT. 4oz PEAS AND ONIONS 1sl WHEAT BREAD 4oz MARBLE CAKE 4oz MILK 4oz APPLE JUICE
A L T	3oz GLAZED HAM	3oz BAKED CHICKEN	3oz LIVER AND ONIONS	3oz CHICKEN CROQUETS	3oz STUFFED CLAMS	3oz SALISBURY STEAK	3oz BAKED FISH
S U P P E R	6oz FRENCH ONION SOUP 3oz PHILLY CHEESE STEAK 1ea ON A ROLL 4oz 3 BEAN SALAD 4oz PINEAPPLE TIDBITS 4oz MILK 4oz APPLE JUICE	6oz CHICKEN RICE SOUP 4oz VEAL PARMESAN 4oz ANGEL HAIR PASTA 4oz FRENCH BEANS 1sl FRENCH BREAD 4oz FRUITED JELLO 4oz MILK 4oz CRANBERRY JUICE	6oz VEGETABLE SOUP 4oz BEEF WELLINGTON 4oz BAKED POTATO 4oz SUCCOTASH 1ea DINNER ROLL 4oz BLUEBERRY ANGEL CAKE 4oz MILK 4oz PINEAPPLE JUICE	6oz PEA SOUP 2oz/1oz GRILLED HAM AND CHEESE 3ea PICKLES CHIPS 4oz CARROT SALAD 4oz PLUMS 4oz MILK 4oz APRICOT JUICE	6oz MINESTRONE SOUP 3oz BREADED PORK CHOPS 4oz RED BOILED POTATO 4oz TURNIPS 1ea DINNER ROLL 4oz BREAD PUDDING 4oz MILK 4oz APPLE JUICE	4oz CHUNKY TOMATO SOUP 6oz TUNA PASTA SALAD 4oz BEET SALAD 1ea DINNER ROLL 1ea CREAM PUFFS 4oz MILK 4oz CRANBERRY JUICE	6oz CABBAGE SOUP 6oz SHERPHARDS PIE 4oz BABY CARROTS 1sl OAT BREAD 4oz AMBROSIA 4oz MILK 4oz PINEAPPLE JUICE
A L T	2oz EGG SALAD SANDWICH	3oz TURKEY SANDWICH	3oz BAKED CHICKEN	3oz MEATBALL GRINDER	3oz CHICKEN SALAD ON A CROISSANT	3oz HAM SALAD SANDWICH	3oz VEAL ROULADE

HUGHES HEALTH AND REHABILITATION

3/21/10-3/27/10

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	8oz ORANGE JUICE 6oz CREAM OF RICE 1ea HARD BOILED EGG 1ea ASSORTED PASTRY 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2ea PANCAKES 2eaMAPLE SYRUP/ 1eaBANANA 2sl BACON 8oz MILK	8oz ORANGE JUICE 6oz CREAM OF WHEAT 2oz SCRAMBLED EGG 4"CINNAM. COFFEE CAKE 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz MAYPO 2ea WAFFLES 2eaMAPLE SYRUP/ 1eaBANANA 2ea SAUSAGE LINKS 8oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2oz CHEESE OMELETTE 1ea HASHBROWN PATTY 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM OF WHEAT 2ea FRENCH TOAST 2ea SAUSAGE LINKS 2eaMAPLE SYRUP/ 1eaBANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM of RICE 2oz SCRAMBLED EGG 2oz HOMEFRIES 1ea BANANA 8oz MILK
L U N C H	3ozYANKEE POT ROAST 4ozBABY CARROTS 4ozBAKED POTATO 2ozW/SOURCREAM 1eaDINNER ROLL 1/8pieSTRAWBERRY CREAM PIE 4ozMILK 4oz CRANBERRYJUICE	3oz BBQ CHICKEN 4oz CORN ON A COB 4oz POTATO WEDGES 1sl WHEAT BREAD 4oz PINEAPPLE TIDBITS 4oz MILK 4oz PINEAPPLE JUICE	3oz BEEF BURGUNDY over 4oz EGG NOODLES 4oz BROCCOLI 1sl RYE BREAD 4oz PEACHES 4oz MILK 4oz CRANBERRYJUICE	3oz ITALIAN SAUSAGE w/ 4oz POTATO/ONIONS/PEPPERS 4oz GREEN BEANS 1sl ITALIAN BREAD 4oz MANDARIN ORANGES 4oz MILK 4oz APPLE JUICE	6oz TURKEY TETRAZINI 4oz BUTTERED CARROTS 1ea GARLIC BREAD 4oz PEARS 4oz MILK 4oz PINEAPPLE JUICE	3oz BAKED FISH 4oz SCALLOPED POTATOES 4oz PEAS 1sl WHEAT BREAD 1ea SHERBET 4oz MILK 4oz APRICOT JUICE	3oz MEATLOAF 4oz ORZO 4oz BABY LIMA BEANS 1sl WHITE BREAD 4oz TROPICAL FRUITS 4oz MILK 4oz APPLE JUICE
A L T	3ozBAKED FISH	3oz BAKED HAM	3oz BAKED CHICKEN	3oz VEAL ROULADEN	3oz MEATBALL GRINDER	3oz BAKED CHICKEN	3oz PORK CHOP 2oz APPLESAUCE
S U P P E R	6oz TOMATO SOUP 1ea GRILLED CHEESE 4oz 3-BEAN SALAD 1oz POTATO CHIPS 4oz FRESH FRUITS 4oz MILK 4oz APPLE JUICE	3oz FILET-O-FISH ON A BUN 2 ozTARTAR SAUCE 4oz COLE SLAW 4oz PASTA SALAD 4"BROWNIE W/ ICING 4oz MILK 4oz CRANBERRYJUICE	6oz CORN CHOWDER 3oz TERIYAKI CHICKEN DIPPERS 4oz VEGETABLE RICE 4oz CUCUMBER SALAD 1sl WHITE BREAD 2ea CHOCOLATE CHIP COOKIES 4oz MILK 4oz PINEAPPLE JUICE	3oz SALISBURY STEAK 4oz MASHED POTATO 4oz CALIFORNIA BLEND 1ea DINNER ROLL 4oz FRUITED JELLO 4oz MILK 4oz APRICOT JUICE	3oz GRILLED CHICKEN SANDWIC 4oz CAESAR SALAD 4oz POTATO SALAD 4" YELLOW CAKE W/ FROSTING 4oz MILK 4oz APPLE JUICE	6oz MINESTRONE SOUP 4oz COTTAGE CHEESE AND 4oz FRUIT PLATTER 1sl BROWN BREAD 4oz POUND CAKE/fruit topping 4oz MILK 4oz CRANBERRYJUICE	6oz CABBAGE SOUP 2oz HAM SALAD SANDWICH 4oz RAISIN CARROT SALAD 1ea CREAM PUFF 4oz MILK 4oz PINEAPPLE JUICE
A L T	3ozTURKEY SANDWICH	3oz EGG SALAD SANDWICH	1ea SLICE OF PIZZA	6oz STUFFED MANICOTTI 4oz TOSSED SALAD	3oz TUNAFISH SALAD ON A CROISSANT	3oz ROAST BEEF SANDWICH	3oz CHICKEN SALAD SANDW.

HUGHES HEALTH AND REHABILITATION

3/14/10-3/20/10

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	8oz ORANGE JUICE 6oz CREAM OF RICE 2ea FRENCH TOAST 1ea MAPLE SYRUP 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2ea PANCAKES 1ea MAPLE SYRUP/ 1ea BANANA 2sl BACON 8oz MILK	8oz ORANGE JUICE 6oz CREAM OF WHEAT 2oz CHEESE FRITTATA 4"CINNAM. COFFEE CAKE 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz MAYPO 2ea WAFFLES 1ea MAPLE SYRUP/ BANANA 2ea SAUSAGE LINKS 8oz MILK	8oz ORANGE JUICE 6oz OATMEAL 3oz CHEESE OMELETTE 1ea HASHBROWN PATTY 1ea BANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM OF WHEAT 2ea FRENCH TOAST 2ea SAUSAGE LINKS 1ea MAPLE SYRUP/BANANA 8oz MILK	8oz ORANGE JUICE 6oz CREAM OF RICE 2oz SCRAMBLED EGG 4oz HOMEFRIES 2sl TOAST/1ea BANANA 8oz MILK
L U N C H A L T	3oz ROASTED LAMB 2oz MINT JELLY 4oz BAKED POTATO 4oz GREEN BEAN CASSEROLE 1ea DINNER ROLL 4oz APRICOT 4oz MILK 4oz CRANBERRY JUICE	4oz SWEET&SOUR PORK 4oz VEGETABLE RICE 4oz BROCCOLI 1sl OAT BREAD 4oz CUSTARD PIE 4oz MILK 4oz PINEAPPLE JUICE	3oz CORNED BEEF 4oz RED BOILED POTATO 4oz CABBAGE AND CARROTS 1sl RYE BREAD 4oz PISTACHIO PUDDING 4oz MILK 4oz CRANBERRY JUICE	4oz STUFFED CHICKEN 4oz RICE PILAF 4oz SPINACH 1ea DINNER ROLL 4oz ICE CREAM 4oz MILK 4oz APPLE JUICE	6oz STUFFED PEPPER 4oz WAX BEANS 4oz GARLIC MASHED POTATO 1sl WHEAT BREAD 4oz ENGLISH TRIFLE 4oz MILK 4oz PINEAPPLE JUICE	5oz FISH FLORENTINE 4oz PRINCE VEGETABLES 4oz SCALLOPED POTATO 1ea DINNER ROLL 4oz PINEAPPLE TIDBITS 4oz MILK 4oz APRICOT JUICE	3oz KIELBASA AND 2oz SAUERKRAUT 4oz CARROT COINS 4oz BOILED POTATO 1sl WHEAT BREAD 1/8 pie STRAWBERRY CREAM PIE 4oz MILK 4oz APPLE JUICE
A L T	3oz SHAKE & BAKE CHICKEN	3oz MEATBALL GRINDER	3oz BAKED FISH	3oz GLAZED HAM	3oz CHICKEN CROQUETS	3oz ROASTED TURKEY	3oz VEAL ROULADE
S U P P E R A L T	6oz LENTIL SOUP 4oz CHICKEN SALAD 1ea ON A PITA BREAD 4oz BEET SALAD 2ea SUGAR COOKIES 4oz MILK 4oz APPLE JUICE	6oz CREAM OF BROCCOLI SOUP 4oz SWEDISH MEATBALLS 4oz EGG NOODLES/ 4oz PEAS 1sl WHEAT BREAD 4" POUND CAKE WITH 2oz FRUIT TOPPING 4oz MILK 4oz CRANBERRY JUICE	6oz MINESTRONE SOUP 2oz/1oz TURKEY AND CHEESE SANDWICH 4oz CARROT SALAD 4oz PEACH CRISP 4oz MILK 4oz PINEAPPLE JUICE	6oz CHICKEN VEGETABLE SOUP 6oz MEAT/CHEESE RAVIOLI 2oz WITH TOMATO SAUCE 4oz VEGETABLE MEDLEY 1ea DINNER ROLL 4oz FRUIT CUP 4oz MILK 4oz APRICOT JUICE	6oz TOMATO SOUP 3oz GRILLED CHICKEN 1ea ON A BUN 4oz CUCUMBER SALAD 4oz FRESH FRUITS 4oz MILK 4oz APPLE JUICE	6oz CLAM CHOWDER SOUP 8oz SHRIMP AND ORZO WITH CHERRY TOMATOES 4oz BROCCOLI 1ea WHITE BREAD oz FUDGE BROWNIE 4oz MILK 4oz CRANBERRY JUICE	6oz VEGETABLE SOUP 3oz HAMBURGER 1ea ON A BUN 4oz POTATO SALAD 4oz LETTUCE/TOMATO/ONION 4oz MANDARIN ORANGES 4oz MILK 4oz PINEAPPLE JUICE
A L T	2oz SEAFOOD SALAD SANDWICH	3oz BREADED PORK CHOP	3oz HAM SALAD SANDWICH	3oz SALISBURY STEAK	4oz VEAL PARMESAN	4oz LEMON BAKED CHICKEN	2oz HOT DOG

HUGHES HEALTH AND REHABILITATION

3/28/10-4/3/10

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	8oz ORANGE JUICE 6oz OATMEAL 3oz OMLETTE/ 2 sl BACON 1ea ASSORTED PASTRY 1ea BANANA 8 oz MILK	8oz ORANGE JUICE 6oz CREAM of WHEAT 2oz EGG/ 1sl CHEESE 1ea on a CROISSANT 1ea BANANA 8 oz MILK	8oz ORANGE JUICE 6oz CREAM of RICE 2ea FRENCH TOAST 2ea MAPLE SYRUP 1ea BANANA 8 oz MILK	8oz ORANGE JUICE 6oz MAYPO 3oz VEGETABLE FRITTATA 2sl TOAST 1ea BANANA 8 oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2ea BUTTERMILK PANCAKES 2ea MAPLE SYRUP 2ea SAUSAGE 1ea BANANA 8 oz MILK	8oz ORANGE JUICE 6oz CREAM of WHEAT 1ea BOILED EGG 1ea CINNAMON ROLL 1ea BANANA 8 oz MILK	8oz ORANGE JUICE 6oz OATMEAL 2oz SCRAMBLED EGG 2 sl BACON 1ea FRESH MUFFIN 1ea BANANA 8 oz MILK
L U N C H	3oz OVEN ROASTED TURKEY 4ozSTUFFING 2oz W/ CRANBERR 4oz BAKED SWEET POTATO 4oz PEAS 1ea DINNER ROLL 1/8pie CREAM PIE 4oz MILK 4oz CRANBERRYJUICE	3oz PORK CHOP 4oz MASHED POTATO 4oz BROCCOLI 1sl WHEAT BREAD 4oz PINEAPPLE 4oz MILK 4oz PINEAPPLE JUICE	6oz STUFFED MANICOTTI 4oz SPINACH 1sl GARLIC BREAD 1/8 pie APPLE PIE 4oz MILK 4oz CRANBERRYJUICE	3oz CORNED BEEF 4oz BOILED POTATO 4oz CARROTS AND CABBAGE 1sl RYE BREAD 1ea ASSORTED ICE CREAM 4oz MILK 4oz APPLE JUICE	8oz SHEPARD'S PIE 4oz TURNIPS 1sl WHEAT BREAD 4 oz FRUIT SALAD 4oz MILK 4oz PINEAPPLE JUICE	4oz SEAFOOD PLATE 4oz FRENCH FRIES 4oz CORN 1ea DINNER ROLL 4oz MANDARIN ORANGES 4oz MILK 4oz APRICOT JUICE	3oz ROAST PORK 4oz WHIPPED POTATOES 4oz GLAZED CARROTS 1sl WHITE BREAD 1/8 pie BANANA CREAM PIE 4oz MILK 4oz APPLE JUICE
A L T	3oz GLAZED HAM	3oz MEATBALL GRINDER	3oz SALISBURY STEAK 4oz MASHED POTATOES	3oz BAKED CHICKEN	3 oz LIVER & ONIONS	3oz ROASTED TURKEY	3oz VEAL PARMESAN
S U P P E R	3oz SALAMI SANDWICH 2sl ON RYE BREAD 4oz LETTUCE/ TOMATO/ ONIONS 4oz APRICOTS 4oz MILK 4oz APPLE JUICE	3oz CHICKEN CROQUETTES 4oz MIXED VEGETABLES 4oz SWEET POTATO 1ea DINNER ROLL 4oz CHERRIES IN THE SNOW 4oz MILK 4oz CRANBERRYJUICE	6oz MINESTRONE SOUP 3oz BBQ PORK SANDWICH 1ea ON A BUN 4oz MARINATED BEETS SALAD 4oz BUTTERSCOTCH PUDDING 4oz MILK 4oz MILK 4oz PINEAPPLE JUICE	3oz/1oz TURKEY AND CHEESE SA 4 oz PASTA SALAD 1cup SPRING GREENS SALAD 4oz FRUITED JELLO 4oz MILK 4oz APRICOT JUICE	3oz CRAB MEAT SALAD 1ea ON A CROISSANT 4oz MARINATED VEGETABLES 1/8 pie LEMON MERINGUE PIE 4oz MILK 4oz APPLE JUICE	6oz CHEESE/MEAT TORTELLINI 2oz W/ TOMATO BASIL SAUCE 4oz ROMA BEANS 1sl ITALIAN BREAD 4oz BLACK FOREST CAKE 4oz MILK 4oz CRANBERRYJUICE	4oz TOMATO JUICE 3oz SALISBURY STEAK 4oz RICE PILAF 4oz ZUCCHINI 2ea PEANUTBUTTER COOKIES 4oz MILK
A L T	3oz EGG SALAD SANDWICH	1ea GRILLED CHEESE	3oz BAKED FISH	3oz SALAMI GRINDER	3 oz CHICKEN SALAD SANDWICH	3oz MEATLOAF 4oz MASHED POTATO	3oz TUNA SALAD SANDWICH