

# Hughes Health and Rehabilitation

8/1/2022-8/7/2022

| 1  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat   | Sun   |
|--|---|--|---|--|---|---|---|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Orange Juice<br>Oatmeal<br>Cheese Omelet<br>Wheat Toast   | Orange Juice<br>Farina<br>Texas French Toast   | Orange Juice<br>Oatmeal<br>Rancher's Eggs<br>Home Fries   | Orange Juice<br>Apple Cinnamon<br>Oatmeal<br>Pancakes  | Orange Juice<br>Farina<br>Scrambled Eggs<br>Sausage Links<br>Honey Wheat English<br>Muffin                      | Orange Juice<br>Oatmeal<br>Baked Waffle<br>Fresh Whole Banana   | Orange Juice<br>Farina<br>Ham & Cheese<br>Omelet<br>Wheat Toast   |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Orange Glazed Pork<br>Roast<br>Owen-Browned<br>Potatoes<br>Chopped Spinach<br>Peach Cobbler Cake<br>-----<br>Chicken Lemon White<br>Wine Butter Sauce | Teriyaki Chicken<br>Jasmine Rice<br>Seasoned Green<br>Beans<br>Fruited Gelatin Salad<br>-----<br>Lemon Baked Cod   | Beef Pot Roast<br>Brown Sugar<br>Smashed Sweet<br>Potatoes<br>Seasoned Peas &<br>Carrots<br>Apple Crisp<br>-----<br>Broccoli and Cheese<br>Quiche | Stuffed Manicotti in<br>Marinara Sauce<br>Fresh Steamed<br>Broccoli<br>Chilled Pineapples<br>-----<br>Herb Crusted Cod | Butter Crusted Cod<br>Rice Pilaf<br>Fresh Steamed<br>Summer Squash<br>Blueberry Cobbler<br>-----<br>BBQ Chicken | Beef Meatloaf<br>Mashed Potatoes<br>Steamed Corn<br>Spiced Peaches<br>-----<br>Seafood Cake             | Honey Ginger Chicken<br>Thighs<br>Buttered Bowties<br>Noodles<br>Fresh String Beans<br>Frosted Yellow Cake<br>-----<br>Cheese Ravioli<br>w/Marinara |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Sloppy Joe on a Bun<br>Owen-Browned<br>Potatoes<br>Creamy Coleslaw<br>Dice Cinnamon Pear<br>Halves<br>-----<br>Fruit and Cottage<br>Cheese Plate      | Veal Marsala<br>Buttered Bowtie<br>Buttered Carrots<br>Chocolate Mousse<br>-----<br>Two Cheese Grilled<br>Sandwich | Chicken Fajita<br>Aztec Corn<br>Fresh Cantaloupe<br>-----<br>Egg Salad  | Pepperoni Pizza<br>Lettuce & Tomato<br>Salad<br>Vanilla Ice Cream<br>-----<br>Hamburger Macaroni<br>Casserole          | Chef Salad Wrap<br>Three Bean Salad<br>Mandarin Oranges<br>-----<br>Veggie Burger on a<br>Bun                   | Pork Roast Sandwich<br>Macaroni Salad<br>Chocolate Ice Cream<br>-----<br>Spinach And Tomato<br>Frittata | Hot Dog on a Bun<br>Homestyle Baked<br>Beans<br>Coleslaw<br>Cinnamon Applesauce<br>-----<br>Chicken Caesar Salad                                    |

# Hughes Health and Rehabilitation

8/8/2022-8/14/2022

| 2  | Mon   | Tue  | Wed  | Thu  | Fri  | Sat   | Sun  |
|--|---|--|--|--|--|---|--|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Orange Juice<br>Oatmeal<br>Egg Cheese<br>Croissant<br>Sausage Links   | Orange Juice<br>Farina<br>Blueberry Pancake  | Orange Juice<br>Oatmeal<br>Western Omelet<br>White Toast   | Orange Juice<br>Farina<br>Cinnamon French<br>Toast   | Orange Juice<br>Oatmeal<br>Cheesy Chive<br>Scrambled Eggs<br>Wheat Toast   | Orange Juice<br>Farina<br>Biscuit & Sawmill<br>Gravy  | Orange Juice<br>Oatmeal<br>Baked Waffle  |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Roast Turkey<br>Whipped Potatoes<br>Steamed Baby<br>Carrots<br>RC Banana Cream Pie<br>-----<br>Herb Crusted Cod | Char Siu Pork BBQ<br>White Rice<br>Braised Green<br>Cabbage<br>Chilled Peaches<br>-----<br>Broccoli and Cheese<br>Quiche | American Beef Chop<br>Suey<br>Steamed Fresh Green<br>Beans<br>Creamy Coleslaw<br>Strawberry Ice Cream<br>-----<br>Pulled BBQ Chicken | Chicken Piccata<br>Buttered Bowties<br>Noodles<br>Steamed Fresh<br>Zucchini<br>Pineapple Upside-<br>Down Cake<br>-----<br>Cheese Pizza | Lemon Pepper Baked<br>Haddock<br>Rice Pilaf<br>Fresh Steamed<br>Broccoli<br>Tapioca Pudding<br>-----<br>Stuffed Shells<br>w/Marinara Sauce | Shepherd's Pie<br>Homemade<br>Cheesecake<br>w/Strawberry<br>-----<br>Chicken Parmesan<br>Cutlet                             | Kielbasa Sausage<br>Pierogies w/Onion<br>Sauteed Cabbage<br>Brownie<br>-----<br>Turkey Fricassee |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Salad Taco Beef Bowl<br>Mandarin Oranges<br>-----<br>Chicken Salad on a<br>Bun                                  | Philly Chicken<br>Sandwich<br>Tater Tots<br>Three Bean Salad<br>Vanilla Mousse<br>-----<br>Tuna Salad on a<br>Croissant  | Turkey Salad on a<br>Bun<br>Dill Potato Salad<br>Chilled Pineapple<br>-----<br>Egg Salad/Pita Plate                                  | Tuna Salad on a<br>Croissant<br>Potato Chips<br>Carrot Raisin Salad<br>Fresh Diced<br>Watermelon<br>-----<br>Chicken Caesar Salad      | Cheese Pizza<br>Buttered Carrots<br>Chilled Pears<br>-----<br>Crab & Fish Cake<br>Sandwich   | Turkey Burger on a<br>Bun<br>Homestyle Baked<br>Beans<br>Creamy Coleslaw<br>Chilled Applesauce<br>-----<br>Hot Dog on a Bun | Macaroni & Cheese<br>Steamed Green Peas<br>Fruited Gelatin Salad<br>-----<br>Lemon Chicken       |

# Hughes Health and Rehabilitation

8/15/2022-8/21/2022

| 3  | Mon   | Tue   | Wed   | Thu  | Fri   | Sat  | Sun   |
|--|---|---|---|--|---|--|---|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Orange Juice<br>Farina<br>Scrambled Eggs<br>Rye Toast   | Orange Juice<br>Oatmeal<br>Vanilla Texas French<br>Toast  | Orange Juice<br>Farina<br>Egg & Cheese Biscuit<br>Sandwich  | Orange Juice<br>Apple Cinnamon<br>Oatmeal<br>Sausage Links<br>Pancake  | Orange Juice<br>Farina<br>Spanish Scramble<br>Raisin Toast  | Orange Juice<br>Oatmeal<br>Belgian Waffle  | Orange Juice<br>Farina<br>Cheesy Scrambled<br>Eggs<br>Bacon Strips<br>Wheat Toast                                       |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Pork Medallions<br>Potatoes & Onions<br>Fresh Garden Blend<br>Vegetables<br>Frosted Spice Cake<br>-----<br>Cheeseburger on a<br>Bun | Beef and Broccoli<br>Vegetable Fried Rice<br>Chilled Pineapple<br>-----<br>Vegetable Quiche   | Hot Dog on a Bun<br>Creamy Coleslaw<br>Baked Bean<br>Angel Cake with<br>Strawberries<br>-----<br>Cheeseburger on a<br>Bun | Chicken Marsala<br>Herb Buttered Egg<br>Noodles<br>Steamed Peas & Pearl<br>Onions<br>Chocolate Mousse Pie<br>-----<br>Vegetarian Chili | Cod Piccata<br>Rice Pilaf<br>Chopped Spinach<br>Poke Cake<br>-----<br>Cheese Pizza                    | Macaroni & Cheese<br>Seasoned Green Beans<br>Vanilla Ice Cream<br>-----<br>Chicken Parmesan<br>Cutlet                  | Roast Turkey<br>Double Boiled<br>Mashed Potato<br>Southern Succotash<br>Frosted White Cake<br>-----<br>Hot Dog on a Bun |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Tuna Salad on a<br>Croissant<br>Roasted Vegetable<br>Pasta Salad<br>Dice Peach & Pear<br>Salad<br>-----<br>Turkey Cheese Sub        | Chicken Tenders<br>Fresh Baked Sweet<br>Potato Fries<br>Steamed Corn<br>Banana Pudding<br>-----<br>Hot Ham & Swiss on<br>Onion Roll | Butter Crusted Cod<br>Parslied Potato<br>Buttered Baby Carrots<br>Cinnamon Applesauce<br>-----<br>Chicken & Dumplings     | Ham and Swiss Wrap<br>Broccoli Salad<br>Fresh Fruit Cup<br>-----<br>Liver & Onions   | BBQ Chicken<br>Mashed Potatoes<br>Mixed Corn Vegetable<br>Chilled Pears<br>-----<br>Chunky Beef Chili | Polish Sausage on a<br>Bun<br>Tater Tots<br>Coleslaw<br>Chilled Pineapple<br>-----<br>Grilled Swiss Cheese<br>& Tomato | Hamburger on a Bun<br>Potato Salad<br>Mandarin Oranges<br>-----<br>Oven Fried Chicken<br>Tenders                        |

# Hughes Health and Rehabilitation

8/22/2022-8/28/2022

| 4  | Mon  | Tue   | Wed  | Thu  | Fri   | Sat  | Sun  |
|--|--|---|--|--|---|--|--|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Orange Juice<br>Oatmeal<br>Western Scramble<br>Wheat Toast   | Orange Juice<br>Farina<br>Vanilla Texas French<br>Toast   | Orange Juice<br>Oatmeal<br>Scrambled Eggs<br>Sausage Links<br>Rye Toast  | Orange Juice<br>Farina<br>Pancake  | Orange Juice<br>Apple Cinnamon<br>Oatmeal<br>Cheesy Scrambled<br>Eggs<br>Hashbrowns<br>w/Onion<br>Wheat Toast             | Orange Juice<br>Farina<br>Belgian Waffle   | Orange Juice<br>Oatmeal<br>Ham & Cheese<br>Omelet<br>Biscuit   |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Teriyaki Pork<br>Tenderloin<br>White Rice<br>Broccoli w/Garlic &<br>Red Pepper<br>Boston Cream Pie<br>-----<br>Crusted Haddock             | Oven-Fried Chicken<br>Whipped Sweet<br>Potatoes<br>Steamed Fresh<br>Zucchini<br>Chilled Applesauce<br>-----<br>Cheeseburger on a<br>Bun | Hot Dog on a Bun<br>Homestyle Baked<br>Beans<br>Broccoli Salad<br>Fresh Diced<br>Watermelon<br>-----<br>Cheese Ravioli<br>w/Marinara | Salisbury Steak<br>Seasoned Peas &<br>Carrots<br>Whipped Potatoes<br>Apple Pie<br>-----<br>Cheese Pizza  | Parmesan Baked Cod<br>Seasoned Egg<br>Noodles<br>Buttered Carrots<br>Fresh Diced Honey<br>Dew<br>-----<br>Beef Stroganoff | Garlic Oregano<br>Chicken<br>Oven-browned<br>Potatoes<br>Steamed Fresh<br>Yellow squash<br>Mandarin Oranges<br>-----<br>Bake Ziti with Meat<br>Sauce | Stuffed Shells<br>w/Marinara Sauce<br>Steamed Fresh<br>Zucchini<br>Parmesan Breadstick<br>Brownie<br>-----<br>Hot Dog on a Bun |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Chicken Salad on a<br>Bun<br>Three Bean Salad<br>Dice Peaches Halves<br>-----<br>Cheese Ravioli<br>w/Marinara<br>Lettuce & Tomato<br>Salad | Sweet & Sour<br>Meatballs<br>Buttered Bowtie<br>Sesame Carrots<br>Bana Split Cake<br>-----<br>Polish Sausage on a<br>Bun                | Quiche Lorraine<br>Steamed Fresh<br>Green Beans<br>Orange Sherbet<br>-----<br>Pulled Chicken BBQ<br>on a Bun                         | Rigatoni Alfredo<br>Steamed Fresh<br>Yellow Squash<br>Parmesan Breadstick<br>Chilled Pineapple<br>-----<br>Grilled Cheese &<br>Tomato on Wheat | Meatball Lovers<br>Pizza<br>Fresh Steamed<br>Broccoli<br>Vanilla Ice Cream<br>-----<br>Broccoli and Cheese<br>Quiche      | Ham Salad on a<br>Croissant<br>Potato Chips<br>Tomato Cucumber<br>Salad<br>Chocolate Chip<br>Cookies<br>-----<br>Hamburger on a Bun                  | Chicken Tenders<br>Double Boiled<br>Mashed Potato<br>Steamed Corn<br>Vanilla Mousse<br>-----<br>Tuna Melt Sandwich<br>on Wheat |

# Hughes Health and Rehabilitation

8/29/2022-9/4/2022

| 1  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat   | Sun   |
|--|---|--|---|--|---|---|---|
| <b>B<br/>R<br/>E<br/>A<br/>K<br/>F<br/>A<br/>S<br/>T</b> | Orange Juice<br>Oatmeal<br>Cheese Omelet<br>Wheat Toast   | Orange Juice<br>Farina<br>Texas French Toast   | Orange Juice<br>Oatmeal<br>Rancher's Eggs<br>Home Fries   | Orange Juice<br>Apple Cinnamon<br>Oatmeal<br>Pancakes  | Orange Juice<br>Farina<br>Scrambled Eggs<br>Sausage Links<br>Honey Wheat English<br>Muffin                      | Orange Juice<br>Oatmeal<br>Baked Waffle<br>Fresh Whole Banana   | Orange Juice<br>Farina<br>Ham & Cheese<br>Omelet<br>Wheat Toast   |
| <b>L<br/>U<br/>N<br/>C<br/>H</b>                         | Orange Glazed Pork<br>Roast<br>Owen-Browned<br>Potatoes<br>Chopped Spinach<br>Peach Cobbler Cake<br>-----<br>Chicken Lemon White<br>Wine Butter Sauce | Teriyaki Chicken<br>Jasmine Rice<br>Seasoned Green<br>Beans<br>Fruited Gelatin Salad<br>-----<br>Lemon Baked Cod   | Beef Pot Roast<br>Brown Sugar<br>Smashed Sweet<br>Potatoes<br>Seasoned Peas &<br>Carrots<br>Apple Crisp<br>-----<br>Broccoli and Cheese<br>Quiche | Stuffed Manicotti in<br>Marinara Sauce<br>Fresh Steamed<br>Broccoli<br>Chilled Pineapples<br>-----<br>Herb Crusted Cod | Butter Crusted Cod<br>Rice Pilaf<br>Fresh Steamed<br>Summer Squash<br>Blueberry Cobbler<br>-----<br>BBQ Chicken | Beef Meatloaf<br>Mashed Potatoes<br>Steamed Corn<br>Spiced Peaches<br>-----<br>Seafood Cake             | Honey Ginger Chicken<br>Thighs<br>Buttered Bowties<br>Noodles<br>Fresh String Beans<br>Frosted Yellow Cake<br>-----<br>Cheese Ravioli<br>w/Marinara |
| <b>D<br/>I<br/>N<br/>N<br/>E<br/>R</b>                   | Sloppy Joe on a Bun<br>Owen-Browned<br>Potatoes<br>Creamy Coleslaw<br>Dice Cinnamon Pear<br>Halves<br>-----<br>Fruit and Cottage<br>Cheese Plate      | Veal Marsala<br>Buttered Bowtie<br>Buttered Carrots<br>Chocolate Mousse<br>-----<br>Two Cheese Grilled<br>Sandwich | Chicken Fajita<br>Aztec Corn<br>Fresh Cantaloupe<br>-----<br>Egg Salad  | Pepperoni Pizza<br>Lettuce & Tomato<br>Salad<br>Vanilla Ice Cream<br>-----<br>Hamburger Macaroni<br>Casserole          | Chef Salad Wrap<br>Three Bean Salad<br>Mandarin Oranges<br>-----<br>Veggie Burger on a<br>Bun                   | Pork Roast Sandwich<br>Macaroni Salad<br>Chocolate Ice Cream<br>-----<br>Spinach And Tomato<br>Frittata | Hot Dog on a Bun<br>Homestyle Baked<br>Beans<br>Coleslaw<br>Cinnamon Applesauce<br>-----<br>Chicken Caesar Salad                                    |