

# Hughes Health and Rehabilitation

8/29/2022-9/4/2022

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	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 Pancakes	Orange Juice Farina Scrambled Eggs Sausage Links Honey Wheat English Muffin	Orange Juice Oatmeal Baked Waffle Fresh Whole Banana	Orange Juice Farina Ham & Cheese Omelet Wheat Toast
<b>L U N C H</b>	Orange Glazed Pork Roast Owen-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	Stuffed Manicotti in Marinara Sauce 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 Buttered Bowties Noodles Fresh String Beans Frosted Yellow Cake ----- Cheese Ravioli w/Marinara
<b>D I N N E R</b>	Sloppy Joe on a Bun Owen-Browned Potatoes Creamy Coleslaw Dice Cinnamon Pear Halves ----- Fruit and Cottage Cheese Plate	Veal Marsala Buttered Bowtie Buttered Carrots 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 Coleslaw Cinnamon Applesauce ----- Chicken Caesar Salad

# Hughes Health and Rehabilitation

9/5/2022-9/11/2022

2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	Hot Dog on a Bun Creamy Coleslaw Baked Beans Watermelon ----- Hamburger on a Bun	Char Siu Pork BBQ White Rice Braised Green Cabbage Chilled Peaches ----- Broccoli and Cheese Quiche	American Beef Chop Suey Steamed Fresh Green Beans Creamy Coleslaw Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Piccata Buttered Bowties Noodles Steamed Fresh Zucchini Pineapple Upside- Down Cake ----- Cheese Pizza	Lemon Pepper Baked Haddock Rice Pilaf Fresh Steamed Broccoli Tapioca Pudding ----- Stuffed Shells w/Marinara Sauce	Shepherd's Pie Homemade Cheesecake w/Strawberry ----- Chicken Parmesan Cutlet	Kielbasa Sausage Pierogies w/Onion Sauteed Cabbage Brownie ----- Turkey Fricassee
<b>D I N N E R</b>	Salad Taco Beef Bowl Mandarin Oranges ----- Chicken Salad on a Bun	Philly Chicken Sandwich Tater Tots Three Bean Salad 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 Buttered Carrots Chilled Pears ----- Crab & 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

9/12/2022-9/18/2022

3	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>B R E A K F A S T</b>	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
<b>L U N C H</b>	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	Hot Dog on a Bun Creamy Coleslaw Baked Beans Angel Cake with Strawberries ----- Cheeseburger 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
<b>D I N N E R</b>	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 on Onion Roll	Butter Crusted Cod Parslied Potato Buttered Baby Carrots Cinnamon Applesauce ----- Chicken & Dumplings	Ham and Swiss Wrap Broccoli Salad Fresh Fruit Cup ----- Liver & Onions	BBQ Chicken Mashed Potatoes Mixed Corn Vegetable Chilled Pears ----- Chunky Beef Chili	Polish Sausage on a Bun Tater Tots Coleslaw Chilled Pineapple ----- Grilled Swiss Cheese & Tomato	Hamburger on a Bun Potato Salad Mandarin Oranges ----- Oven Fried Chicken Tenders

# Hughes Health and Rehabilitation

9/19/2022-9/25/2022

4	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	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 Hashbrowns w/Onion Wheat Toast	Orange Juice Farina Belgian Waffle	Orange Juice Oatmeal Ham & Cheese Omelet Biscuit
<b>L U N C H</b>	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 ----- Cheeseburger on a Bun	Hot Dog on a Bun Homestyle Baked Beans Broccoli Salad Fresh Diced Watermelon ----- Cheese Ravioli w/Marinara	Salisbury Steak Seasoned Peas & Carrots Whipped Potatoes 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 ----- Bake Ziti with Meat Sauce	Stuffed Shells w/Marinara Sauce Steamed Fresh Zucchini Parmesan Breadstick Brownie ----- Hot Dog on a Bun
<b>D I N N E R</b>	Chicken Salad on a Bun Three Bean Salad Dice Peaches Halves ----- Cheese Ravioli w/Marinara Lettuce & Tomato Salad	Sweet & Sour Meatballs Buttered Bowtie Sesame Carrots Bana 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 Fresh Steamed Broccoli 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

9/26/2022-10/2/2022

1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	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 Pancakes	Orange Juice Farina Scrambled Eggs Sausage Links Honey Wheat English Muffin	Orange Juice Oatmeal Baked Waffle Fresh Whole Banana	Orange Juice Farina Ham & Cheese Omelet Wheat Toast
<b>L U N C H</b>	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	Stuffed Manicotti in Marinara Sauce 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 Buttered Bowties Noodles Fresh String Beans Frosted Yellow Cake ----- Cheese Ravioli w/Marinara
<b>D I N N E R</b>	Sloppy Joe on a Bun Oven-Browned Potatoes Creamy Coleslaw Dice Cinnamon Pear Halves ----- Fruit and Cottage Cheese Plate	Veal Marsala Buttered Bowtie Buttered Carrots 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 Coleslaw Cinnamon Applesauce ----- Chicken Caesar Salad