



# Hughes Health and Rehabilitation

1/30/2023-2/5/2023

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Farina Scrambled Eggs Rye Toast	Orange Juice Oatmeal Pancake	Orange Juice Farina Egg & Cheese Biscuit Sandwich	Orange Juice Apple Cinnamon Oatmeal Texas French Toast Sausage Links	Orange Juice Farina Spanish Scramble Cornbread	Orange Juice Oatmeal Baked Waffle	Orange Juice Farina Cheesy Scrambled Eggs Bacon Strips
<b>L U N C H</b>	Pork Medallions Honey Apple Pork Loin Potatoes & Onions Mashed Butternut Squash Gingerbread ----- Cheeseburger on a Bun	Beef and Broccoli Asian Fried Rice Chilled Pineapple ----- Vegetable Quiche	Beef Lasagna Steamed Broccoli & Cauliflower Tapioca Pudding ----- Turkey Burger on a Bun	Chicken Marsala Whipped Potatoes Steamed Peas & Pearl Onions Chilled Fruit Cocktail ----- Vegetarian Chili	Cod Piccata Rice Pilaf Chopped Spinach Poke Cake ----- Cheese Pizza	Butternut Squash Macaroni & Cheese Seasoned Green Beans Vanilla Ice Cream ----- Chicken Parmesan Cutlet	Maple Roast Turkey Double Boiled Mashed Potatoes Southern Succotash Frosted White Cake ----- Hot Dog on a Bun
<b>D I N N E R</b>	Chicken Noodle Soup Egg Salad on a Croissant Three Bean Salad Dice Peach & Pear Salad ----- Turkey Cheese Sub	Chicken Tenders Fresh Baked Sweet Potato Fries Steamed Corn Cranberry Apple Cobbler ----- Hot Ham & Swiss on Onion Roll	New England Clam Chowder Baked Cod Fillet on a Bun Creamy Coleslaw Cinnamon Applesauce ----- Chicken & Dumplings	Pork Schnitzel Buttered Wide Egg Noodles Braised Red Cabbage Citrus Gelatin Oatmeal Raisin Cookies ----- Liver & Onions	Chunky Beef Chili Baked Potato Fresh Steamed Broccoli Chilled Pears ----- Chicken Cacciatore	Polish Sausage on a Bun Tater Tots Cole Slaw Dice Peaches Halves ----- Grilled Swiss Cheese & Tomato	Hamburger on a Bun Garden Pasta Salad Mandarin Oranges ----- Oven Fried Chicken Tenders



# Hughes Health and Rehabilitation

2/6/2023-2/12/2023

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 Cinnamon Streusel	Orange Juice Farina Belgian Waffle	Orange Juice Oatmeal Ham & Cheese Omelet Biscuit
<b>L U N C H</b>	Smothered Pork Chop Roasted Potato Wedges Steamed Corn Boston Cream Pie ----- Baked Tilapia	Oven-Fried Chicken Whipped Sweet Potatoes Oven-Roasted Brussels Sprouts Banana Cake ----- Hamburger Steak	Herb Crusted Cod Rice Pilaf Steamed Fresh Green Beans Orange Sherbet ----- Cheese Ravioli w/Marinara	Roast Turkey Mashed Potatoes Peas and Carrots Apple Pie ----- Cheese Pizza	Garlic Oregano Chicken Roasted Potatoes Fresh Steamed Broccoli Deluxe Chocolate Cake ----- Parmesan Crusted Tilapia	Beef Stroganoff Seasoned Egg Noodles Roasted Butternut Squash Mandarin Oranges ----- Lemon Chicken	Stuffed Shells w/Marinara Sauce Steamed Fresh Zucchini Parmesan Breadstick Brownie ----- Hot Dog on a Bun
<b>D I N N E R</b>	Cream of Broccoli Soup Tuna Salad & Swiss Wrap Three Bean Salad Dice Peaches Halves ----- Cheese Ravioli w/Marinara	American Beef Chop Suey Chopped Spinach Garlic Bread Cinnamon Applesauce ----- Polish Sausage on a Bun	Quiche Lorraine Buttered Carrots Dice Poached Pear Halves ----- Pulled Chicken BBQ on a Bun	Swedish Meatballs Buttered Wide Egg Noodles Steamed Fresh Yellow Squash Chilled Pineapple ----- Grilled Cheese & Tomato on Wheat	Cheese Pizza Green Beans Chilled Fruit Cocktail ----- Broccoli and Cheese Quiche	Ham Salad on a Croissant Tater Tots Cole Slaw Chocolate Chip Cookies ----- Hamburger on a Bun	Chicken Tenders Double Boiled Mashed Potatoes Steamed Corn Dice Spiced Peaches ----- Tuna Melt Sandwich on Wheat



# Hughes Health and Rehabilitation

2/13/2023-2/19/2023

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 Pancake White Toast	Orange Juice Farina Baked Waffle Sausage Links	Orange Juice Oatmeal Spanish Scramble Raisin Toast	Orange Juice Farina Ham & Cheese Omelet Wheat Toast
<b>L U N C H</b>	Chop Mustard Crusted Pork Loin Whipped Potatoes Chopped Spinach Applesauce Cake ----- Chicken Pot Pie	Lemon Chicken White Rice Fresh Steamed Broccoli Fruited Gelatin Salad ----- Veal Parmesan	Beef Pot Roast Brown Sugar Smashed Sweet Potatoes Seasoned Peas & Carrots Lemon Bar ----- Broccoli and Cheese Quiche	Pasta Manicotti w/Sauce Buttered Carrots Oranges & Pineapples ----- Polish Sausage on a Bun	Butter Crusted Cod Rice Pilaf Fresh Steamed Summer Squash Vanilla Pudding ----- Beef Burgundy	Beef Meatloaf Mashed Potatoes Steamed Corn Spiced Peaches ----- Seafood Cake	Honey Ginger Chicken Thighs Mashed Potatoes Fresh Steamed Broccoli Frosted Yellow Cake ----- Cheese Ravioli w/Marinara
<b>D I N N E R</b>	Butternut Squash Macaroni & Cheese Seasoned Green Beans Dice Cinnamon Pear Halves ----- Hot Turkey Sandwich	Stuffed Bell Pepper Buttered Wide Egg Noodles Chilled Pineapple ----- Hot Dog on a Bun	Chicken Broccoli & Penne Alfredo Dice Peaches Halves ----- Egg Salad	Chef Salad Wrap Dice Three Bean Salad Apple Crisp ----- Seafood Salad on a Bun	Cheeseburger on a Bun Tater Tots Creamy Coleslaw Chilled Applesauce ----- Fruit & Cottage Cheese Plate	Turkey Salad w/Croissant Tomato Cucumber Salad Snickerdoodle Cookies ----- Spinach And Tomato Frittata	Hot Dog on a Bun Dill Potato Salad Carrot and Apple Slaw Chilled Diced Pears ----- Chicken Caesar Salad



# Hughes Health and Rehabilitation

2/20/2023-2/26/2023

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 Scramble White Toast	Orange Juice Farina Cinnamon French Toast	Orange Juice Oatmeal Cheesy Chive Scrambled Eggs Wheat Toast	Orange Juice Farina Baked Waffle	Orange Juice Oatmeal Baked Eggs and Ham Wheat Toast
<b>L U N C H</b>	Roast Turkey & Cranberry Chutney Mashed Potatoes Seasoned Green Beans Pumpkin Pie ----- Herb Crusted Cod	Maple Roasted Pork Loin Roasted Potatoes Mixed Vegetables Chilled Peaches ----- Broccoli and Cheese Quiche	Kielbasa Sausage Pierogies w/Onion Sauteed Cabbage Strawberry Ice Cream ----- Pulled BBQ Chicken	Chicken Cacciatore Seasoned Egg Noodles Sauteed Zucchini Lemon Sorbet ----- Cheese Pizza	Baked Seafood Stuffed Sole Rice Pilaf Buttered Carrots Butterscotch Pudding ----- Stuffed Shells w/Marinara Sauce	Shepherd's Pie Seasoned Peas & Carrots Carrot Cake ----- Flake Baked Tilapia	Macaroni & Cheese Fresh Steamed Broccoli Brownie ----- Turkey Fricasse
<b>D I N N E R</b>	Sloppy Joe Steamed Corn Mandarin Oranges ----- Chicken Salad on a Bun	Spaghetti & Meatballs Steamed Broccoli Garlic Bread Vanilla Mousse ----- Ham & American Cheese Melt	Turkey Noodle Casserole Steamed Fresh Yellow Squash Chilled Pineapple ----- Egg Salad/Pita Plate	Homemade Tomato Rice Soup Tuna Salad on a Croissant Potato Chips Baked Apple w/Cinnamon ----- Chicken Caesar Salad	Pepperoni Pizza Fresh String Beans Chilled Pears ----- Hand Formed Hamburger	Turkey Burger on a Bun Homestyle Baked Beans Creamy Coleslaw Chilled Applesauce ----- Hot Dog on a Bun	Oven-Fried Chicken Whipped Potatoes Chuckwagon Corn Fruited Gelatin Salad ----- Grilled Cheese & Tomato



# Hughes Health and Rehabilitation

2/27/2023-3/5/2023

3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>B R E A K F A S T</b>	Orange Juice Farina Scrambled Eggs Rye Toast	Orange Juice Oatmeal Pancake	Orange Juice Farina Egg & Cheese Biscuit Sandwich	Orange Juice Apple Cinnamon Oatmeal Texas French Toast Sausage Links	Orange Juice Farina Spanish Scramble Cornbread	Orange Juice Oatmeal Baked Waffle	Orange Juice Farina Cheesy Scrambled Eggs Bacon Strips
<b>L U N C H</b>	Pork Medallions Honey Apple Pork Loin Potatoes & Onions Mashed Butternut Squash Gingerbread ----- Cheeseburger on a Bun	Beef and Broccoli Asian Fried Rice Chilled Pineapple ----- Vegetable Quiche	Beef Lasagna Steamed Broccoli & Cauliflower Tapioca Pudding ----- Turkey Burger on a Bun	Chicken Marsala Whipped Potatoes Steamed Peas & Pearl Onions Chilled Fruit Cocktail ----- Vegetarian Chili	Cod Piccata Rice Pilaf Chopped Spinach Poke Cake ----- Cheese Pizza	Butternut Squash Macaroni & Cheese Seasoned Green Beans Vanilla Ice Cream ----- Chicken Parmesan Cutlet	Maple Roast Turkey Double Boiled Mashed Potatoes Southern Succotash Frosted White Cake ----- Hot Dog on a Bun
<b>D I N N E R</b>	Chicken Noodle Soup Egg Salad on a Croissant Three Bean Salad Dice Peach & Pear Salad ----- Turkey Cheese Sub	Chicken Tenders Fresh Baked Sweet Potato Fries Steamed Corn Cranberry Apple Cobbler ----- Hot Ham & Swiss on Onion Roll	New England Clam Chowder Baked Cod Fillet on a Bun Creamy Coleslaw Cinnamon Applesauce ----- Chicken & Dumplings	Pork Schnitzel Buttered Wide Egg Noodles Braised Red Cabbage Citrus Gelatin Oatmeal Raisin Cookies ----- Liver & Onions	Chunky Beef Chili Baked Potato Fresh Steamed Broccoli Chilled Pears ----- Chicken Cacciatore	Polish Sausage on a Bun Tater Tots Cole Slaw Dice Peaches Halves ----- Grilled Swiss Cheese & Tomato	Hamburger on a Bun Garden Pasta Salad Mandarin Oranges ----- Oven Fried Chicken Tenders