

The Pines Rehab & Health Care Center  
 Week-At-A-Glance

hcsq2smartwaynorth2016-17 Week 2 - Starting 3/12/2017

Sun 03/12	Mon 03/13	Tue 03/14	Wed 03/15	Thu 03/16	Fri 03/17	Sat 03/18
Breakfast: Regular						
Scrambled Eggs w/ Cheese Oatmeal Raisin Toast - Margarine. Orange Juice. Milk Coffee or Hot Tea	French Toast - Syrup. - Margarine. Oatmeal Sausage Patty Orange Juice. Milk Coffee or Hot Tea	Ham & Potato Hashbrown Casserole Oatmeal Coffee Cake - Margarine. Orange Juice. Milk Coffee or Hot Tea	Egg & Cheddar Bake Oatmeal Muffin - Margarine. Orange Juice. Milk Coffee or Hot Tea	Pancakes - Syrup. - Margarine. Oatmeal Sausage Patty Orange Juice. Milk Coffee or Hot Tea	Egg Omelet Oatmeal Toast - Margarine. - Jelly Bacon Orange Juice. Milk Coffee or Hot Tea	Western Scrambled Eggs Oatmeal Toast. - Jelly - Margarine. Orange Juice. Milk Coffee or Hot Tea
Lunch: Regular						
Glazed Baked Ham Whipped Sweet Potato Green Peas Dinner Roll/Bread - Margarine Pineapple Tidbits Milk Coffee or Hot Tea	Roast Turkey - Turkey Gravy. Sage Bread Dressing Brussels Sprouts Dinner Roll/Bread - Margarine Cinnamon Applesauce Milk Coffee or Hot Tea	King Ranch Beef Casserole Mexican Rice Capri Vegetable Blend Chilled Peaches Milk Coffee or Hot Tea	Honey Glazed Roast Pork Mashed Potatoes Green Beans Dinner Roll/Bread - Margarine Sherbet Milk Coffee or Hot Tea	Meatsauce Spaghetti Noodles. Broccoli Florets Garlic Bread Carrot Cake w/ Crmry Frosting Milk Coffee or Hot Tea	Potato Encrusted Fish Rice Pilaf Peas & Carrots Dinner Roll/Bread - Margarine Fruit Crisp Milk Coffee or Hot Tea	Seasoned Chicken Breast Hashbrown Casserole Sliced Beefs Dinner Roll/Bread - Margarine Fruit Cocktail Milk Coffee or Hot Tea
Dinner: Regular						
Chicken Tenders. - Dipping Sauce. Tator Tots Seasoned Corn Dinner Roll/Bread - Margarine Choc Cake w/ Frosting Milk Coffee or Hot Tea	Beef Stroganoff. - Noodles. Sliced Carrots Biscuit Scalloped Pears Milk Coffee or Hot Tea	Tuna Salad Sandwich. Macaroni Salad Potato Salad Fruited Gelatin Tomato Soup Milk Coffee or Hot Tea	Beef & Bean Chili Tossed Salad w/Dressing (vg j) Cornbread - Margarine. Mandarin Oranges Milk Coffee or Hot Tea	Cheeseburger On A Bun (exc). - Ketchup (oz) Potato Wedges Corn on the Cob Fruit Mix Milk Coffee or Hot Tea	Sliced Baked Ham. Macaroni & Cheese. Country Style Tomatoes Dinner Roll/Bread - Margarine Hot Spiced Fruit Milk Coffee or Hot Tea	Meatloaf w/ Ketchup Roasted Red Potatoes Capri Vegetable Blend Dinner Roll/Bread - Margarine Cookie. Milk Coffee or Hot Tea

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hcs2smartwaynorth2016-17 Week 3 - Starting 3/19/2017

Sun 03/19	Mon 03/20	Tue 03/21	Wed 03/22	Thu 03/23	Fri 03/24	Sat 03/25
Breakfast: Regular						
Scrambled Eggs w/ Cheese Oatmeal Fruit Muffin - Margarine. Orange Juice. Milk Coffee or Hot Tea	French Toast - Margarine. - Syrup. Oatmeal Sausage Patty Orange Juice. Milk Coffee or Hot Tea	Scrambled Eggs Oatmeal Coffee Cake - Margarine. Orange Juice. Milk Coffee or Hot Tea	Hard Cooked Egg Oatmeal Raisin Toast - Margarine. Orange Juice. Milk Coffee or Hot Tea	Pancakes - Syrup. - Margarine. Oatmeal Sausage Patty Orange Juice. Milk Coffee or Hot Tea	Scrambled Eggs Oatmeal Toast - Margarine. - Jelly. Bacon Orange Juice. Milk Coffee or Hot Tea	Egg Omelet Oatmeal Toast - Margarine. - Jelly. Bfrst Ham Orange Juice. Milk Coffee or Hot Tea
Lunch: Regular						
Pot Roast - Brown Gravy Boiled New Potatoes Prince Edward Vegetable Blend Dinner Roll/Bread - Margarine Chocolate Cream Pie Milk Coffee or Hot Tea	Tuna Noodle Casserole Green Beans Dinner Roll/Bread - Margarine Chilled Peaches Milk Coffee or Hot Tea	Swiss Steak - Brown Gravy Steamed Rice Parsley Carrots Dinner Roll/Bread - Margarine Pineapple Tidbits Milk Coffee or Hot Tea	Open-Faced Roast Beef Sandwich (.exc) Mashed Potatoes Whole Kernel Corn Yellow Cake w/Frosting Milk Coffee or Hot Tea	Chicken A La Orange Rice Capri Vegetable Blend Dinner Roll/Bread - Margarine Fruit Cocktail Milk Coffee or Hot Tea	Lemon Pepper Fish Buttered Parslied Noodles Spinach Dinner Roll/Bread - Margarine Peach Crisp Milk Coffee or Hot Tea	Pepper Steak w/ Gravy Mashed Potatoes California Normandy Veg Blend Dinner Roll/Bread - Margarine Poke Cake Milk Coffee or Hot Tea
Dinner: Regular						
Cheese Ravioli w/ Sauce Broccoli Florets Garlic Bread Chilled Pears Milk Coffee or Hot Tea	Braised Pork Tips. Noodles Jefferson Brussels Sprouts Dinner Roll/Bread - Margarine Fruit Crisp Milk Coffee or Hot Tea	Rotisserie Chicken. Oven Roasted Potatoes Zucchini Dinner Roll/Bread - Margarine Chocolate Brownie Milk Coffee or Hot Tea	Garlic Herb Pork Loin. Baked Sweet Potato Braised Cabbage Dinner Roll/Bread - Margarine Cinnamon Applesauce Milk Coffee or Hot Tea	Sloppy Joe on Bun (.exc) Garlic Red Roasted Potatoes Green Beans Assorted Ice Cream Milk Coffee or Hot Tea	Sliced Baked Ham. Macaroni & Cheese. Stewed Tomatoes Dinner Roll/Bread - Margarine Scalloped Pears Milk Coffee or Hot Tea	Chili Cheese Hot Dog (.exc) French Fries Calico Coleslaw Fruit Mix Milk Coffee or Hot Tea

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hcs92smartwaynorth2016-17 Week 4 - Starting 3/26/2017

Sun 03/26	Mon 03/27	Tue 03/28	Wed 03/29	Thu 03/30	Fri 03/31	Sat 04/01
Breakfast: Regular						
Scrambled Eggs w/ Cheese Oatmeal	French Toast - Syrup. - Margarine. Oatmeal	Ham & Potato Hashbrown Casserole Oatmeal	Egg & Cheddar Bake Oatmeal Muffin	Pancakes - Syrup. - Margarine. Oatmeal	Egg Omelet Oatmeal Toast - Margarine. - Jelly	Western Scrambled Eggs Oatmeal Toast - Margarine. - Jelly
Raisin Toast - Margarine. Orange Juice. Milk	Sausage Patty Orange Juice. Milk	Coffee Cake - Margarine. Orange Juice. Milk	Orange Juice. Milk	Sausage Patty Orange Juice. Milk	Bacon Orange Juice. Milk	Orange Juice. Milk
Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea
Lunch: Regular						
Crispy Baked Chicken Baked Potato	Garlic Herb Pork Loin Hashbrown Casserole	Roast Turkey - Turkey Gravy. Bread Dressing	Beef Goulash California Normandy Veg Blend	Meatloaf w/ Ketchup Mashed Potatoes Brussels Sprouts	Potato Encrusted Fish Tator Tots Creamy Coleslaw	Chicken A La Orange Garden Blend Rice Stewed Tomatoes
Capri Vegetable Blend Dinner Roll/Bread - Margarine	Corn O'Brien Dinner Roll/Bread - Margarine	Peas & Carrots Dinner Roll/Bread - Margarine	Dinner Roll/Bread - Margarine	Dinner Roll/Bread - Margarine	Dinner Roll/Bread - Margarine	Dinner Roll/Bread - Margarine
Cinnamon Baked Apples Milk	Gingerbread Cake w/ Lemon Glaze Milk	Chilled Pears Milk	Assorted Ice Cream Milk	Chilled Peaches Milk	Chocolate Brownie Milk	Chilled Pears Milk
Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea
Dinner: Regular						
Turkey Sandwich (exc) - Mayonnaise or Mustard (oz)	Meatsauce. Spaghetti Noodles. Italian Green Beans	Swedish Meatballs. Noodles. Prince Edward Vegetable Blend	BBQ Chicken Quarter Baked Sweet Potato Collard Greens	Turkey Alfredo Fettucini Noodles Green Peas	Deli Sandwich - Mayonnaise or Mustard (oz)	Beef Stroganoff. - Noodles. Broccoli Florets
Potato Chips Tangy Marinated Vegetable Salad Pudding Milk	Garlic Toast Mandarin Oranges Milk	Dinner Roll/Bread - Margarine Fruit Crisp Milk	Pineapple Tidbits Milk	Dinner Roll/Bread - Margarine Marble Cake w/ Frosting Milk	Fruit Cup Chicken Noodle Soup Milk	Dinner Roll/Bread - Margarine Fruit Cocktail Milk
Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea	Coffee or Hot Tea

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hcsq2smartwaynorth2016-17 Week 1 - Starting 4/2/2017

Sun 04/02	Mon 04/03	Tue 04/04	Wed 04/05	Thu 04/06	Fri 04/07	Sat 04/08
Breakfast: Regular						
Scrambled Eggs w/ Cheese Oatmeal Fruit Muffin - <i>Margarine</i> Orange Juice. Milk Coffee or Hot Tea	French Toast - <i>Margarine</i> - <i>Syrup</i> Oatmeal Sausage Patty Orange Juice. Milk Coffee or Hot Tea	Scrambled Eggs Oatmeal Coffee Cake - <i>Margarine</i> Orange Juice. Milk Coffee or Hot Tea	Scrambled Eggs Oatmeal Raisin Toast - <i>Margarine</i> Orange Juice. Milk Coffee or Hot Tea	Pancakes - <i>Syrup</i> - <i>Margarine</i> Oatmeal Sausage Patty Orange Juice. Milk Coffee or Hot Tea	Scrambled Eggs Oatmeal Toast - <i>Jelly</i> - <i>Margarine</i> Bacon Orange Juice. Milk Coffee or Hot Tea	Egg Omelet Oatmeal Toast - <i>Jelly</i> - <i>Margarine</i> Bfrst Ham Orange Juice. Milk Coffee or Hot Tea
Lunch: Regular						
Roast Beef - <i>Brown Gravy</i> Baked Potato Green Bean Casserole Dinner Roll/Bread - <i>Margarine</i> Chilled Pears Milk Coffee or Hot Tea	Turkey a la King Noodles. Peas & Carrots Dinner Roll/Bread - <i>Margarine</i> Chilled Pears Milk Coffee or Hot Tea	Lasagna w/ Meatsauce Tossed Salad w/Dressing Garlic Bread Lemon Cake w/ Lemon Icing Milk Coffee or Hot Tea	Seasoned Chicken Breast Whipped Sweet Potato Prince Edward Vegetable Blend Cornbread - <i>Margarine</i> Mandarin Oranges Milk Coffee or Hot Tea	Polish Sausage Boiled New Potatoes Sauerkraut Dinner Roll/Bread - <i>Margarine</i> Assorted Ice Cream Milk Coffee or Hot Tea	Parmesan Baked Fish Garden Blend Rice Stewed Tomatoes Dinner Roll/Bread - <i>Margarine</i> Chilled Peaches Milk Coffee or Hot Tea	Salisbury Steak Garlic Mashed Potatoes Sliced Carrots Dinner Roll/Bread - <i>Margarine</i> Pudding Milk Coffee or Hot Tea
Dinner: Regular						
Ham & Cheese Sandwich Tomato Spoon Salad Fruit Cup Minestrone Soup - <i>Saltine Crackers</i> Milk Coffee or Hot Tea	Potato Encrusted Fish Scalloped Potatoes Collard Greens Dinner Roll/Bread - <i>Margarine</i> Cookie. Milk Coffee or Hot Tea	Cheeseburger On A Bun (.exc) French Fries Broccoli Florets Chilled Peaches Milk Coffee or Hot Tea	Stuffed Potato w/ Ham & Cheese Green Peas Dinner Roll/Bread - <i>Margarine</i> Chocolate Brownie Milk Coffee or Hot Tea	Beef Noodle Casserole. Parsiled Cauliflower Dinner Roll/Bread - <i>Margarine</i> Fruit Cocktail Milk Coffee or Hot Tea	BBQ Chicken Sandwich (.exc) Tator Tots Dill Cucumber Salad (brc) Cookie. Milk Coffee or Hot Tea	Sausage Pizza (.exc) Tossed Salad w/Dressing Breadstick. Cinnamon Baked Apples Milk Coffee or Hot Tea