

The Pines Rehab & Health Care Center

Week-At-A-Glance

hcsG2smartwaynorth2016-17 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                                                                                                                                                   |
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| Breakfast:Regular                                                                                                                                                              |                                                                                                                                                                                     |                                                                                                                                    |                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                                  |                                                                                                                                                             |
| Scrambled Eggs w/<br>Cheese<br>Oatmeal<br>Raisin Toast<br><i>- Margarine.</i><br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                                    | French Toast<br><i>- Syrup.</i><br><i>- Margarine.</i><br>Oatmeal<br>Sausage Patty<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                                    | Ham & Potato<br>Hashbrown Casserole<br>Oatmeal<br>Coffee Cake<br><i>- Margarine.</i><br>Orange Juice.<br>Milk<br>Coffee or Hot Tea | Egg & Cheddar Bake<br>Oatmeal<br>Muffin<br><i>- Margarine.</i><br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                    | Pancakes<br><i>- Syrup.</i><br><i>- Margarine.</i><br>Oatmeal<br>Sausage Patty<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea            | Egg Omelet<br>Oatmeal<br>Toast.<br><i>- Margarine.</i><br><i>- Jelly.</i><br>Bacon<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                 | Western Scrambled<br>Eggs<br>Oatmeal<br>Toast.<br><i>- Jelly.</i><br><i>- Margarine.</i><br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                      |
| Lunch:Regular                                                                                                                                                                  |                                                                                                                                                                                     |                                                                                                                                    |                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                                  |                                                                                                                                                             |
| Glazed Baked Ham<br>Whipped Sweet<br>Potato<br>Green Peas<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Pineapple Tidbits<br>Milk<br>Coffee or Hot Tea                         | Roast Turkey<br><i>- Turkey Gravy.</i><br>Sage Bread Dressing<br>Brussels Sprouts<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Cinnamon<br>Applesauce<br>Milk<br>Coffee or Hot Tea | King Ranch Beef<br>Casserole<br>Mexican Rice<br>Capri Vegetable Blend<br>Chilled Peaches<br>Milk<br>Coffee or Hot Tea              | Honey Glazed Roast<br>Pork<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Sherbet<br>Milk<br>Coffee or Hot Tea | Meatsauce<br>Spaghetti Noodles.<br>Broccoli Florets<br>Garlic Bread<br>Carrot Cake w/ Crmy<br>Frosting<br>Milk<br>Coffee or Hot Tea     | Potato Encrusted Fish<br>Rice Pilaf<br>Peas & Carrots<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Fruit Crisp<br>Milk<br>Coffee or Hot Tea                     | Seasoned Chicken<br>Breast<br>Hashbrown Casserole<br>Sliced Beets<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Fruit Cocktail<br>Milk<br>Coffee or Hot Tea |
| Dinner:Regular                                                                                                                                                                 |                                                                                                                                                                                     |                                                                                                                                    |                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                                  |                                                                                                                                                             |
| Chicken Tenders.<br><i>- Dipping Sauce.</i><br>Tator Tots<br>Seasoned Corn<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Choc Cake w/<br>Frosting<br>Milk<br>Coffee or Hot Tea | Beef Stroganoff.<br><i>- Noodles.</i><br>Sliced Carrots<br>Biscuit<br>Scalloped Pears<br>Milk<br>Coffee or Hot Tea                                                                  | Tuna Salad Sandwich.<br>Macaroni Salad<br>Potato Salad<br>Fruited Gelatin<br>Tomato Soup<br>Milk<br>Coffee or Hot Tea              | Beef & Bean Chili<br>Tossed Salad<br>w/Dressing (vg j)<br>Cornbread<br><i>- Margarine.</i><br>Mandarin Oranges<br>Milk<br>Coffee or Hot Tea     | Cheeseburger On A<br>Bun (.exc).<br><i>- Ketchup (oz)</i><br>Potato Wedges<br>Corn on the Cob<br>Fruit Mix<br>Milk<br>Coffee or Hot Tea | Sliced Baked Ham.<br>Macaroni & Cheese.<br>Country Style<br>Tomatoes<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Hot Spiced Fruit<br>Milk<br>Coffee or Hot Tea | Meatloaf w/ Ketchup<br>Roasted Red<br>Potatoes<br>Capri Vegetable Blend<br>Dinner Roll/Bread<br><i>- Margarine</i><br>Cookie.<br>Milk<br>Coffee or Hot Tea  |

**The Pines Rehab & Health Care Center**  
**Week-At-A-Glance**  
**hcsq2smartwaynorth2016-17 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                                                                                                                                                     |
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| <b>Breakfast:Regular</b>                                                                                                                                                      |                                                                                                                                             |                                                                                                                                                       |                                                                                                                                                            |                                                                                                                                         |                                                                                                                                                |                                                                                                                                                               |
| Scrambled Eggs w/<br>Cheese<br>Oatmeal<br>Fruit Muffin<br>- Margarine.<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                                          | French Toast<br>- Margarine.<br>- Syrup.<br>Oatmeal<br>Sausage Patty<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                          | Scrambled Eggs<br>Oatmeal<br>Coffee Cake<br>- Margarine.<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                                | Hard Cooked Egg<br>Oatmeal<br>Raisin Toast<br>- Margarine.<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                                   | Pancakes<br>- Syrup.<br>- Margarine.<br>Oatmeal<br>Sausage Patty<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                          | Scrambled Eggs<br>Oatmeal<br>Toast.<br>- Margarine.<br>- Jelly<br>Bacon<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                          | Egg Omelet<br>Oatmeal<br>Toast.<br>- Margarine.<br>- Jelly<br>Brfst Ham<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                         |
| <b>Lunch:Regular</b>                                                                                                                                                          |                                                                                                                                             |                                                                                                                                                       |                                                                                                                                                            |                                                                                                                                         |                                                                                                                                                |                                                                                                                                                               |
| Pot Roast<br>- Brown Gravy<br>Boiled New Potatoes<br>Prince Edward<br>Vegetable Blend<br>Dinner Roll/Bread<br>- Margarine<br>Chocolate Cream Pie<br>Milk<br>Coffee or Hot Tea | Tuna Noodle<br>Casserole<br>Green Beans<br>Dinner Roll/Bread<br>- Margarine<br>Chilled Peaches<br>Milk<br>Coffee or Hot Tea                 | Swiss Steak<br>- Brown Gravy<br>Steamed Rice<br>Parsley Carrots<br>Dinner Roll/Bread<br>- Margarine<br>Pineapple Tidbits<br>Milk<br>Coffee or Hot Tea | Open-Faced Roast<br>Beef Sandwich (.exc)<br>Mashed Potatoes<br>Whole Kernel Corn<br>Yellow Cake<br>w/Frosting<br>Milk<br>Coffee or Hot Tea                 | Chicken A La Orange<br>Rice<br>Capri Vegetable Blend<br>Dinner Roll/Bread<br>- Margarine<br>Fruit Cocktail<br>Milk<br>Coffee or Hot Tea | Lemon Pepper Fish<br>Buttered Parslied<br>Noodles<br>Spinach<br>Dinner Roll/Bread<br>- Margarine<br>Peach Crisp<br>Milk<br>Coffee or Hot Tea   | Pepper Steak w/<br>Gravy<br>Mashed Potatoes<br>California Normandy<br>Veg Blend<br>Dinner Roll/Bread<br>- Margarine<br>Poke Cake<br>Milk<br>Coffee or Hot Tea |
| <b>Dinner:Regular</b>                                                                                                                                                         |                                                                                                                                             |                                                                                                                                                       |                                                                                                                                                            |                                                                                                                                         |                                                                                                                                                |                                                                                                                                                               |
| Cheese Ravioli w/<br>Sauce<br>Broccoli Florets<br>Garlic Bread<br>Chilled Pears<br>Milk<br>Coffee or Hot Tea                                                                  | Braised Pork Tips.<br>Noodles Jefferson<br>Brussels Sprouts<br>Dinner Roll/Bread<br>- Margarine<br>Fruit Crisp<br>Milk<br>Coffee or Hot Tea | Rotisserie Chicken.<br>Oven Roasted<br>Potatoes<br>Zucchini<br>Dinner Roll/Bread<br>- Margarine<br>Chocolate Brownie<br>Milk<br>Coffee or Hot Tea     | Garlic Herb Pork Loin.<br>Baked Sweet Potato<br>Braised Cabbage<br>Dinner Roll/Bread<br>- Margarine<br>Cinnamon<br>Applesauce<br>Milk<br>Coffee or Hot Tea | Sloppy Joe on Bun<br>(.exc)<br>Garlic Red Roasted<br>Potatoes<br>Green Beans<br>Assorted Ice Cream<br>Milk<br>Coffee or Hot Tea         | Sliced Baked Ham.<br>Macaroni & Cheese.<br>Stewed Tomatoes<br>Dinner Roll/Bread<br>- Margarine<br>Scalloped Pears<br>Milk<br>Coffee or Hot Tea | Chili Cheese Hot Dog<br>(.exc)<br>French Fries<br>Calico Coleslaw<br>Fruit Mix<br>Milk<br>Coffee or Hot Tea                                                   |

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

hcsq2smartwaynorth2016-17 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                                                                                                                                     |
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| Breakfast:Regular                                                                                                                                          |                                                                                                                                                                     |                                                                                                                                                       |                                                                                                                                         |                                                                                                                                                   |                                                                                                                                              |                                                                                                                                               |
| Scrambled Eggs w/<br>Cheese<br>Oatmeal<br>Raisin Toast<br>- Margarine.<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                       | French Toast<br>- Syrup.<br>- Margarine.<br>Oatmeal<br>Sausage Patty<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                                  | Ham & Potato<br>Hashbrown Casserole<br>Oatmeal<br>Coffee Cake<br>- Margarine.<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                           | Egg & Cheddar Bake<br>Oatmeal<br>Muffin<br>- Margarine.<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                   | Pancakes<br>- Syrup.<br>- Margarine.<br>Oatmeal<br>Sausage Patty<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                                    | Egg Omelet<br>Oatmeal<br>Toast.<br>- Margarine.<br>- Jelly<br>Bacon<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                            | Western Scrambled<br>Eggs<br>Oatmeal<br>Toast.<br>- Margarine.<br>- Jelly<br>Orange Juice.<br>Milk<br>Coffee or Hot Tea                       |
| Lunch:Regular                                                                                                                                              |                                                                                                                                                                     |                                                                                                                                                       |                                                                                                                                         |                                                                                                                                                   |                                                                                                                                              |                                                                                                                                               |
| Crispy Baked Chicken<br>Baked Potato<br>Capri Vegetable Blend<br>Dinner Roll/Bread<br>- Margarine<br>Cinnamon Baked<br>Apples<br>Milk<br>Coffee or Hot Tea | Garlic Herb Pork Loin<br>Hashbrown Casserole<br>Corn O'Brien<br>Dinner Roll/Bread<br>- Margarine<br>Gingerbread Cake w/<br>Lemon Glaze<br>Milk<br>Coffee or Hot Tea | Roast Turkey<br>- Turkey Gravy.<br>Bread Dressing<br>Peas & Carrots<br>Dinner Roll/Bread<br>- Margarine<br>Chilled Pears<br>Milk<br>Coffee or Hot Tea | Beef Goulash<br>California Normandy<br>Veg Blend<br>Dinner Roll/Bread<br>- Margarine<br>Assorted Ice Cream<br>Milk<br>Coffee or Hot Tea | Meatloaf w/ Ketchup<br>Mashed Potatoes<br>Brussels Sprouts<br>Dinner Roll/Bread<br>- Margarine<br>Chilled Peaches<br>Milk<br>Coffee or Hot Tea    | Potato Encrusted Fish<br>Tator Tots<br>Creamy Coleslaw<br>Dinner Roll/Bread<br>- Margarine<br>Chocolate Brownie<br>Milk<br>Coffee or Hot Tea | Chicken A La Orange<br>Garden Blend Rice<br>Stewed Tomatoes<br>Dinner Roll/Bread<br>- Margarine<br>Chilled Pears<br>Milk<br>Coffee or Hot Tea |
| Dinner:Regular                                                                                                                                             |                                                                                                                                                                     |                                                                                                                                                       |                                                                                                                                         |                                                                                                                                                   |                                                                                                                                              |                                                                                                                                               |
| Turkey Sandwich<br>(.exc)<br>- Mayonnaise or Mustard<br>(oz)<br>Potato Chips<br>Tangy Marinated<br>Vegetable Salad<br>Pudding<br>Milk<br>Coffee or Hot Tea | Meatsauce.<br>Spaghetti Noodles.<br>Italian Green Beans<br>Garlic Toast<br>Mandarin Oranges<br>Milk<br>Coffee or Hot Tea                                            | Swedish Meatballs.<br>Noodles.<br>Prince Edward<br>Vegetable Blend<br>Dinner Roll/Bread<br>- Margarine<br>Fruit Crisp<br>Milk<br>Coffee or Hot Tea    | BBQ Chicken Quarter<br>Baked Sweet Potato<br>Collard Greens<br>Biscuit<br>Pineapple Tidbits<br>Milk<br>Coffee or Hot Tea                | Turkey Alfredo.<br>Fettucini Noodles<br>Green Peas<br>Dinner Roll/Bread<br>- Margarine<br>Marble Cake w/<br>Frosting<br>Milk<br>Coffee or Hot Tea | Deli Sandwich<br>- Mayonnaise or Mustard<br>(oz)<br>Pickled Beet Salad<br>Fruit Cup<br>Chicken Noodle Soup<br>Milk<br>Coffee or Hot Tea      | Beef Stroganoff.<br>- Noodles.<br>Broccoli Florets<br>Dinner Roll/Bread<br>- Margarine<br>Fruit Cocktail<br>Milk<br>Coffee or Hot Tea         |

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

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