

Continuing Care at Charlestown							
	7/12/26 Sunday	7/13/26 Monday	7/14/26 Tuesday	7/15/26 Wednesday	7/16/26 Thursday	7/17/26 Friday	7/18/26 Saturday
BREAKFAST	Milk/ OJ Oatmeal / Cold Cereal Scrambled Eggs Turkey Sausage Links Seasoned Hash Brown Potatoes Fresh Banana	Milk/ OJ Grits/ Cold Cereal Omelets Sausage Patty Biscuit w/ Cinnamon Butter Fresh Banana	Milk/OJ Oatmeal/Cream of Wheat/ Cold Cereal Scrambled Egg Bacon Donuts Fresh Banana	Milk/OJ Oatmeal/ Cold Cereal Scrambled Egg Cream Chipped Beef Scones Fresh Banana	Milk/ OJ Oatmeal/Cheesy Grits / Cold Cereal Scrambled Eggs Bacon Muffins Fresh Banana	Milk/ OJ Oatmeal/ Cold Cereal Omelets Sausage Links Yogurt Parfait w/seasonal Fruit Fresh Banana	Milk/ OJ Oatmeal / Cold Cereal/Grits Scrambled Eggs Bacon Danish Fresh Banana
LUNCH	Lemon Greek Chicken Soup Garden Salad Salmon Stir Fry Artichoke Mushroom Chicken Breast Collard Greens Vegetable Fried Rice Dinner Roll Chocolate Cake Ice Cream Milk	French Onion Soup Garden Salad Turkey Sloppy Jill Egg Salad Sandwich Tomato Basil Salad Chilled Fruit/ Gelatin Assorted Selection Milk	Beef Minestrone Garden Salad Wing Dings Ham Salad Sandwich Fresh Seasonal Fruit Chilled Fruit/ Gelatin Ice Cream Milk	Cream of Crab Soup Garden Salad Chicken Philly Slider Lettuce, Tomato & Pickle Beef Hot Dog w/ Chili Deli Pasta Salad Chilled Fruit/ Gelatin Ice Cream Milk	Peach Mango Soup Garden Salad Cheeseburger Hot Dog Coleslaw Baked Beans Watermelon Chilled Fruit/ Gelatin Ice Cream Milk	Cream of Tomato Soup Garden Salad Three Cheese Grilled Cheese Pulled Pork Sandwich Fresh Seasonal Fruit Chilled Fruit/ Gelatin Ice Cream Milk	Beef Barley Soup Garden Salad Turkey Burger Cheese Pizza Coleslaw Chilled Fruit/ Gelatin Ice Cream Milk
DINNER	Tuscan White Bean Soup Garden Salad Tuna Noodle Casserole Pulled BBQ Chicken Sandwich Harvard Beets Ice Cream No Sugar Added Dessert	Garden Vegetable Soup Garden Salad Open Faced Roast Beef Herb Crusted Cod Peas and Carrots Loaded Baked Potato Assorted Selection No Sugar Added Dessert	Potato Leek Soup Garden Salad Pork Tenderloin W/ Apples Greek Chicken Thigh Kale Mashed Potatoes w/Gravy Rice Pudding No Sugar Added Dessert	Mushroom Bisque Garden Salad Roasted Turkey Chicken/Sausage Jambalaya Rice Seasoned Green Beans Ice cream float No Sugar Added Dessert	Lentil Curry Soup Garden Salad Ravioli Marinara w/ Garlic bread Baked Chicken W/ Port Wine Herb Sauce Lemon Garlic Broccoli Baked Sweet Potato Dinner Roll Lemon Cake No Sugar Added Ice Cream	Manhattan Clam Chowder Garden Salad Beef Pepper Steak O/rice Lemon Baked Salmon Mashed Potatoes Italian Asparagus Ice Cream Nutty Buddy No Sugar Added Dessert	Ham, Bean, and Tomato Soup Garden Salad Meatloaf Ham Succotash Mashed Potatoes Dinner Roll Boston Cream Pie No Sugar Added Ice Cream