

CONTINUING CARE AT CHARLESTOWN

	7/19/26 Sunday	7/20/26 Monday	7/21/26 Tuesday	7/22/26 Wednesday	7/23/26 Thursday	7/24/26 Friday	7/25/26 Saturday
BREAKFAST	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Sausage Patty Biscuit W/ Cinnamon Butter Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Scrambled Eggs Bacon Hash Brown Potatoes Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Cream of wheat Cheese Omelet Turkey Sausage Danish Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Biscuit Cream Chipped Beef Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Link Coffee Cake Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Muffin Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Turkey Sausage Link Donut Fresh Banana
LUNCH	Garden Vegetable Soup Garden Salad Beef Stir Fry Over Rice Shrimp and Grits Parmesan Carrots Pineapple Upside-down Cake Chilled Fruit / Gelatin	Beef Vegetable Soup Garden Salad Tuna Salad Sandwich Fried Chicken Sandwich Fries Ice Cream National Pretzel Day	MD Crab Soup Garden Salad BBQ Pulled Pork Sandwich Cottage Cheese & Fruit Plate w/ Roll Coleslaw Ice Cream Chilled Fruit / Gelatin	Tomato Soup Garden Salad Open-faced Brisket Grilled Cheese Shrimp Ceasar Salad w/ Roll Fruit Ice Cream Chilled Fruit / Gelatin	Chicken Vegetable Soup Garden Salad Hotdog on Bun w/ Mustard/Ketchup Egg Salad Sandwich Sweet Potato Fries Ice Cream Chilled Fruit / Gelatin	Vegetable Minestrone Garden Salad Seafood Salad Cheeseburger Ambrosia Ice Cream Chilled Fruit / Gelatin	Portuguese Bean Soup Garden Salad Cheese Pizza Chicken Salad Sandwich Cucumber Dill Salad Ice Cream
DINNER	French Onion Soup Beef Noodle Casserole Seasoned Catfish Ice Cream No Sugar Added Dessert	Chicken Florentine Soup Salmon Cake Sour Beef w/ Dumplings Asparagus Mashed Potatoes Roll Brownie A la Mode No Sugar Added Dessert	Mushroom Barley Soup Grilled Chicken W/ Tzatziki Sauce Smothered Cajun Steak Baked Potato Zucchini Roll Chocolate Mousse No Sugar Added Dessert	Potato Leek Soup Swedish Meatballs Lemon Baked Swai Peas & Carrots Egg Noodles Roll Angel Food Cake w/ topping No Sugar Added Dessert	Cream Of Spinach Soup Fried Chicken Meatloaf Stewed Tomatoes Macaroni and Cheese Roll Banana Pudding Cup No Sugar Added Ice Cream	Corn Chowder Soup Ravioli Marinara w/ Garlic bread Turkey A la King Over Rice Honey Glazed Carrots Roll Assorted Desserts No Sugar Added Dessert	Cream of Broccoli Soup Buttermilk Chicken Lemon Garlic Pork Roast Roasted Seasoned Potatoes Collard Greens Roll Assorted Ice Cream Novelties No Sugar Added Ice Cream