

Continuing Care at Charlestown							
	8/30/26 Sunday	8/31/26 Monday	9/1/26 Tuesday	9/2/26 Wednesday	9/3/26 Thursday	9/4/26 Friday	9/5/26 Saturday
BREAKFAST	Milk/OJ Oatmeal/ Cold Cereal Scrambled Eggs Bacon Blintz w/ Strawberry Sauce Fresh Banana	Milk/OJ Oatmeal/ Cold Cereal/Grits Scrambled Eggs Turkey Sausage Links Danish Fresh Banana	Milk/ OJ Oatmeal/Cream of Wheat/ Cold Cereal Cheese Omelets Sausage Patty Muffins Fresh Banana	Milk/ OJ Oatmeal/ Cold Cereal Scrambled Eggs Bacon Coffee Cake Fresh Banana	Milk/ OJ Grits/Oatmeal/ Cold Cereal Scrambled Eggs Sausage Links Stuffed Pancakes Fresh Banana	Milk/ OJ Oatmeal/ Cold Cereal Cheese Omelets Bacon Scone Fresh Banana	Milk/ OJ Oatmeal/ Cold Cereal/Grits Scrambled Eggs Turkey Sausage Links Donuts Fresh Banana
LUNCH	MD Crab Soup Garden Salad Chicken Teriyaki Stir Fry o/Rice Manicotti w/ Garlic Bread Broccoli Chilled Fruit /Gelatin Peach Pie Milk	Chicken Noodle Soup Garden Salad Shrimp Salad Fried Chicken Sandwich Potato Salad & Coleslaw Chilled Fruit/ Gelatin Ice Cream Milk	Cream of Tomato Soup Garden Salad Salmon Burger Grilled Cheese Watermelon Chilled Fruit/ Gelatin Ice Cream Milk	Strawberry Soup Garden Salad Bacon Blue Cheese Burger Tuna Salad Sandwich Corn on the Cob Chilled Fruit/ Gelatin Ice Cream Milk	Country Harvest Soup Garden Salad Sloppy Joe Blackened Chicken Salad w/ Cheese Garlic Roll Sweet Potato Fries Ice Cream Milk	Vegetable Minestrone Garden Salad Chicken Salad Sandwich Cheese Pizza Fruit Cup Chilled Fruit/ Gelatin Ice Cream Milk	Meatball Soup Garden Salad Turkey Burger Cod Nuggets Greek Style Couscous Roll Chilled Fruit/ Gelatin Ice Cream Milk
DINNER	Chicken Barley Soup Garden Salad Beef Goulash Flounder Florentine Egg Noodles Brussel Sprouts Ice Cream No Sugar Added Dessert	Beef Vegetable Soup Garden Salad Turkey Bolognaise W/ Garlic Cheese Bread Sweet and Sour Pork with Mashed Potatoes Squash Blend Angel Food Cake with Strawberries No Sugar Added Dessert	French Onion Soup Garden Salad Open Faced Hot Roast Beef Chicken Tikka Masala Creamed Spinach Mashed Potatoes Assorted Novelties No Sugar Added Dessert	Beef Barley Soup Garden Salad Sour Beef & Dumplings Baked Cod Italian Vegetable Medley Mashed Potatoes Assorted Dessert No Sugar Added Dessert	Chicken Florentine Soup Garden Salad Beef Brisket Smothered Pork Chops Green Beans Herbed Rice Chocolate Meringue Pie No Sugar Added Ice Cream	New England Clam Chowder Garden Salad Lasagna w/ Garlic bread Lemon Poached Basa Asparagus Mashed Potatoes Lemon Layer Cake No Sugar Added Dessert	Broccoli Cheese Soup Garden Salad Chicken Lo Mein Mojo Pork Orange Ginger Carrots Mashed Potatoes Ice Cream Sandwich No Sugar Added Ice Cream