Continuing Care at Charlestown

	9/6/26 **Sunday**	9/7/26 **Monday**	9/8/26 **Tuesday**	9/9/26 **Wednesday**	9/10/26 **Thursday**	9/11/26 **Friday**	9/12/26 **Saturday**
BREAKFAST	Milk/ OJ Oatmeal / Cold Cereal Scrambled Eggs Turkey Sausage Links Seasoned Breakfast Potatoes **Fresh Banana**	Milk/ OJ Grits/ Cold Cereal Cheese Omelet Sausage Patty Scones **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 Biscuit **Fresh Banana**	Milk/ OJ Oatmeal/Cheesy Grits / Cold Cereal Scrambled Eggs Bacon Muffins **Fresh Banana**	Milk/ OJ Oatmeal/ Cold Cereal Cheese Omelet Sausage Links Yogurt Parfait w/Fruit **Fresh Banana**	Milk/ OJ Oatmeal / Cold Cereal/Grits Scrambled Eggs Bacon Danish **Fresh Banana**
LUNCH	**Lemon Greek Chicken Soup** Garden Salad **Smothered Salisbury Steak** **Thai Basil Chicken Thigh** **Sautéed Bok Choy** **Mashed Potatoes w/ Gravy** Dinner Roll Chocolate Cake Chilled Fruit / Gelatin	**MD Crab Soup** Garden Salad **Hotdog on Bun** **Ranch Grilled Chicken** **Baked Beans** **Carolina Coleslaw** **Watermelon** Blueberry Cobbler Chilled Fruit / Gelatin	**Beef Minestrone Soup** Garden Salad **Wing Dings w/ Sauce** **Ham Salad Sandwich** **Lettuce, Tomato & Pickle** **Fresh Fruit** Ice Cream Chilled Fruit / Gelatin	**Cream of Crab Soup** Garden Salad **Chicken Philly Slider** **Egg Salad Sandwich** **Lettuce, Tomato & Pickle** **Deli Pasta Salad** Ice Cream Chilled Fruit / Gelatin	**Peach Mango Soup** Garden Salad **Turkey Burger on Bun** **Tuna Salad Sandwich** **Lettuce, Tomato & Pickle** **Cucumber & Tomato Salad** Ice Cream Chilled Fruit / Gelatin	**Cream of Tomato Soup** Garden Salad **Three Cheese Grilled Cheese** **Pulled Pork Sandwich** **Coleslaw** Ice Cream Chilled Fruit / Gelatin	**Beef Barley Soup** Garden Salad **Pepperoni/Cheese Pizza** **Cheese Burger on Bun** **Lettuce, Tomato & Pickle** **Fresh Fruit** Ice Cream Chilled Fruit / Gelatin
DINNER	**Tuscan White Bean Soup** Garden Salad **Tuna Noodle Casserole** **Pulled BBQ Chicken Sandwich** **Harvard Beets** Dinner Roll Ice Cream No Sugar Added Dessert	**Garden Vegetable Soup** Garden Salad **Open Faced Roast Beef** **Herb Crusted Cod w/ Tartar Sauce** **Peas & Carrots** **Loaded Baked Potato** Dinner Roll Ice Cream No Sugar Added Dessert	**Potato Leek Soup** Garden Salad **Pork Tenderloin w/ Apples** **Greek Chicken Thigh** **Kale** **Mashed Potatoes w/Gravy** Dinner Roll Cherry Pie No Sugar Added Dessert	**Mushroom Bisque** Garden Salad **Roasted Turkey w/ Cranberry Sauce** **Chicken & Sausage Jambalaya** **Seasoned Green Beans** **Corn Bread Stuffing** Dinner Roll Ice Cream Float No Sugar Added Dessert	**Lentil Curry Soup** Garden Salad **Ravioli Marinara w/ Garlic bread** **Baked Chicken Port Wine Herb Sauce** **Lemon Garlic Broccoli** **Baked Sweet Potato** Dinner Roll Lemon Cake No Sugar Added Ice Cream	**Manhatten Clam Chowder** Garden Salad **Beef Pepper Steak o/Rice** **Lemon Baked Salmon w/ Tartar Sauce** **Italian Asparagus** **Mashed Potatoes w/ Gravy** Dinner Roll Ice Cream Nutty Buddy No Sugar Added Dessert	**Ham, Bean & Tomato Soup** Garden Salad **Meatloaf w/ Gravy** **Ham** **Succotash** **Mashed Potatoes w/ Gravy** Dinner Roll Boston Cream Pie No Sugar Added Ice Cream