

CONTINUING CARE AT CHARLESTOWN

	1/21/24 Sunday	1/22/24 Monday	1/23/24 Tuesday	1/24/24 Wednesday	1/25/24 Thursday	1/26/24 Friday	1/27/24 Saturday
BREAKFAST	Milk/OJ Oatmeal Scrambled Eggs Scrapple Home Fried Potatoes Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Sausage Patty Muffin Fresh Banana	Milk/OJ Cream of Wheat/Oatmeal Cheese Omelet Bacon Pancakes w/Syrup Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Turkey Sausage Links Donuts Fresh Banana	Milk/OJ Oatmeal/Grits Scrambled Eggs Breakfast Ham Scone Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon Cinnamon Buns Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Sausage Links Danish Fresh Banana
LUNCH	Portuguese Bean Soup Garden Salad/ Dressing Balsamic Chicken and Mushrooms Beef Sirloin Tips	Ham, Cabbage & Potato Soup Garden Salad/ Dressing Taco Salad Knockwurst w/ Sauerkraut	Tomato Soup Garden Salad/ Dressing Chicken Nuggets w/ Sauces Grilled Cheese	Beef Noodle Garden Salad/ Dressing Chicken Cheesesteak Egg Salad Sandwich	Loaded Baked Potato Soup Garden Salad/ Dressing Tuna Salad Sausage Sub w/ Pepper & Onions	New England Clam Chowder Garden Salad/ Dressing Beef Hot Dog Cottage Cheese and Fruit Platter	Chicken Vegetables Garden Salad/ Dressing BLT Chicken Salad Sandwich
			Fruit Broccoli		Butternut Squash	Carrots	
	Peas and Carrots Bowtie Pasta Chocolate Layer Cake Chilled Fruit / Gelatin Milk	Mexican Blend Rice Ice Cream Chilled Fruit / Gelatin Milk Roll	Ice Cream Chilled Fruit / Gelatin Milk	Green Beans Ice Cream Chilled Fruit / Gelatin Milk	Three Bean Salad Ice Cream Chilled Fruit / Gelatin Milk	Greek Salad w/ Diced Vegetables Ice Cream Chilled Fruit / Gelatin Milk	Fruit Cup Mandarin Oranges Ice Cream Milk
DINNER	Scottish Chicken Soup Garden Salad/ Dressing Spaghetti w/ Meatsauce Fried Shrimp Mashed Potatoes Swiss Chard Garlic Bread Ice Cream No Sugar Added Dessert	Shrimp Bisque Garden Salad/ Dressing Steak Diane Caribbean Jerk Chicken Mashed Sweet Potatoes Cauliflower au Gratin Upside Down Cherry Cake No Sugar Added Dessert	Broccoli Cheese Soup Garden Salad/Dressing Pork Loin w/ Applesauce Beef Stew Over/ Biscuit Mashed Potatoes Carrots Apple Pie No Sugar Added Dessert	Chicken Barley Garden Salad/Dressing Baked Cod Chop Steak w/ Mushroom & Cheddar Stewed Zucchini Baked Potato Dinner Roll/Butter Fruit of the Forest Pie No Sugar Added Dessert	Curried Apple and Squash Soup Garden Salad/Dressing Beef Stroganoff Chicken Parmsean Egg Noodles Spinach Dinner Roll/Butter Boston Cream Pie No Sugar Added Ice Cream	Cream of Potato Garden Salad/Dressing Salmon w/ Dill General Tso Chicken Oriental Rice Bok Choy Assorted Pie/Cake No Sugar Added Dessert	Senate Bean Soup Garden Salad/ Dressing Meatloaf Pork Stew Kale and Tomatoes Cheddar Mashed Potatoes Dinner Roll/ Butter Ice Cream Nutty Buddy Cone No Sugar Added Ice Cream