

CONTINUING CARE AT CHARLESTOWN

	1/28/24 Sunday	1/29/24 Monday	1/30/24 Tuesday	1/31/24 Wednesday	2/1/24 Thursday	2/2/24 Friday	2/3/24 Saturday
BREAKFAST	Milk/ OJ Oatmeal Scrambled Eggs Sausage Patty French Toast Casserole Fresh Banana	Milk/ OJ Oatmeal Scrambled Eggs Bacon Biscuits Fresh Banana	Milk/ OJ Cream of Wheat Cheese Omelet Sausage Links Hash Brown Potatoes Fresh Banana	Milk/ OJ Oatmeal Scrambled Eggs Bacon Danish Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Turkey Sausage Muffin Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon Pancakes Fresh Banana	Milk/ OJ Oatmeal Scrambled Eggs Scrapple Cinnamon Buns Fresh Banana
LUNCH	Winter Lentil Soup Garden Salad/Dressing Pot Roast w/ Fresh Vegetables Citrus Crusted Tilapia Mashed Potatoes Zucchini Dinner Roll/ Butter Peach Pie	Split Pea Soup Garden Salad/ Dressing Chicken Nuggets w/ Sauce Cheese Burger w/ Lettuce Tomato and Pickles Dinner Roll/ Butter Carrot Raisin Salad Ice Cream Chilled Fruit / Gelatin Milk	Garden Vegetable Soup Garden Salad /Dressing Hot Dog Cheese Pizza Baked Beans Fruit Cup Ice Cream Chilled Fruit / Gelatin Milk	Cream of Tomato Soup Garden Salad/ Dressing Grilled Cheese Sandwich Chicken Salad on Potato Roll Lettuce, Tomato, Pickle Butternut Squash Cucumber Salad Ice Cream Chilled Fruit / Gelatin Milk	Turkey Noodle Soup Garden Salad/ Dressing Sloppy Joe Egg Salad on Wheat Cabbage Cole Slaw Ice Cream Chilled Fruit / Gelatin Milk	Tuscan White bean Garden Salad/Dressing Tuna Salad Sandwich Chicken Quesadilla Pickled Beets Ice Cream Chilled Fruit / Gelatin Milk	French Onion Soup Garden Salad/ Dressing Pork Kielbasa w/ Peppers & Onions w/ Roll Corned Beef & Swiss on Rye Lettuce, Tomato & Pickle Ambrosia Salad Peaches Ice Cream Milk
DINNER	Chicken Rice Garden Salad/Dressing Baked Ziti W/Garlic bread Roasted Chicken 1/4 Spinach Mashed Potatoes Dinner Roll/ Butter Ice Cream No Sugar Added Dessert	Beef Barley Garden Salad/ Dressing Salmon Cake w/Tartar Sauce Leg Of Lamb Brussel Sprouts Rice Pilaf Dinner Roll/ Butter Applesauce Cake No Sugar Added Dessert	Red Pepper Bisque Garden Salad /Dressing Orange Rosemary Chicken Open Faced Roast Beef Mashed Sweet Potatoes Green Beans Homemade Banana Pudding No Sugar Added Dessert	Butternut Squash & Apple Curry Garden Salad/ Dressing Sour Beef and Dumplings Honey Roast Pork Loin Sauteed Red Cabbage Mashed Potatoes w/ Gravy Dinner Roll/ Butter Chocolate Milk Cake No Sugar Added Dessert	Broccoli Cheese Garden Salad/ Dressing Baked Tilapia Tomato & Tarragon Chicken Baked Potato w/ Sour Cream Green Peas & Pearl Onions Dinner Roll/ Butter Peanut Butter Cheesecake Dessert Bar No Sugar Added Ice Cream	New England Clam Chowder Garden Salad/Dressing Beef Bourguignon Fried Shrimp (6) w/ Cocktail Sauce Sautéed Fresh Squash Mashed Potatoes Dinner Roll/Butter Banana Nut Cake No Sugar Added Dessert	Beef Rice Soup Garden Salad/ Dressing Chicken Adobo Brown Sugar Glazed Ham Collard Greens Cheddar Mashed Potatoes Sweet Potato Pie No Sugar Added Ice Cream