

CONTINUING CARE AT CHARLESTOWN

	2/4/24 Sunday	2/5/24 Monday	2/6/24 Tuesday	2/7/24 Wednesday	2/8/24 Thursday	2/9/24 Friday	2/10/24 Saturday
BREAKFAST	Milk/ OJ Oatmeal Scrambled Eggs Biscuit Chipped Beef Fresh Banana	Milk/ OJ Oatmeal Scrambled Eggs Sausage Links Danish Fresh Banana	Milk/ OJ Cream of Wheat/Oatmeal Scrambled Eggs Bacon French Toast w/ Syrup Fresh Banana	Milk/ OJ Oatmeal Scrambled Eggs Canadian Bacon Pancakes W/ Topping Fresh Banana	Milk/OJ Cheesy Grits/Oatmeal Scrambled Eggs Bacon Scones Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Turkey Sausage Patty Chefs Choice Assortment Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon Coffee Cake Fresh Banana
LUNCH	Senate Bean Soup Asian Beef Pepper Steak Spinach Quiche Lorraine Rice Squash, Fennel, Onion Blend Dinner Rolls Fruit Cobbler	Vegebable Soup BLT Seafood Salad on Potato Roll Carrot Raisin Salad Milk Ice Cream Chilled Fruit / Gelatin	Chicken Noodle Chicken Wings w/ Sauces Taco Salad Mexican Rice Roll Milk Ice Cream Chilled Fruit / Gelatin	Tomato Rice Bisque Grilled Cheese Philly Cheese Steak Slider Lettuce, Tomato, Pickle Mayo & Ketchup Coleslaw Milk Ice Cream Chilled Fruit / Gelatin	Blackeyed Pea & Sausage Beef Hot Dog Turkey Club Lettuce, Tomato, Pickle Mayo & Mustard Vegetable Pasta Salad Milk Ice Cream Chilled Fruit / Gelatin	Broccoli Cheese Soup Tuna Salad Sandwich Lettuce, Tomato, Pickle Asian BBQ Beef Sandwich Cucumber Dill Salad Milk Ice Cream Chilled Fruit/ Gelatin	Minestrone Cod Nuggets w/ Roll Hamburger w/ Swiss Cheese on Bun, Lettuce, Tomato Mayo & Ketchup Three Bean Salad Milk Ice Cream Chilled Fruit/ Gelatin
DINNER	Mushroom Barley Garden Salad / Dressing Honey Dijon Chicken Breast Ravioli w/ Marinara Mashed Potatoes Green Beans Garlic Bread Ice Cream No Sugar Added Dessert	Butternut Squash and Apple Cider Garden Salad/Dressing Baked Salmon Honey Roasted Chinese Chicken 1/4 Cheddar Mashed Potatoes Oven Roasted Brussel Sprouts Dinner Roll/Butter Cherry Pie No Sugar Added Dessert	Manhattan Clam Chowder Garden Salad/Dressing Mediterranean Tilapia Smothered Pork Chops Kale Baked Potato Dinner Roll/Butter Yellow Cake w/ White Icing No Sugar Added Dessert	Potato Leek Soup Garden Salad/Dressing Spaghetti w/ Meatsauce and Parmesan Cheese Teriyaki Chicken Breasts Broccoli Mashed Potatoes Garlic Bread Chocolate Brownie No Sugar Added Dessert	Chicken Florentine Garden Salad/ Dressing Corned Beef Italian Sausage w/Peppers and Onions Cabbage Quartered Parsley Potatoes Dinner Roll/Butter Peach Cobbler No Sugar Added Ice Cream	Corn Chowder Garden/ Dressing Chicken Pot Pie over Biscuit Herb Baked Flounder Garlic Mashed Potatoes Buttered Collard Greens Upside Down Banana Cake No Sugar Added Dessert	Beef Noodle Garden Salad/Dressing Herb Chicken Quarters Maple Pork Tenderloin Mashed Potatoes w /Gravy Zucchini & Yellow Squash Dinner Rolls Pumpkin Pie No Sugar Added Ice Cream