

# CONTINUING CARE AT CHARLESTOWN

	4/21/24 Sunday	4/22/24 Monday	4/23/24 Tuesday	4/24/24 Wednesday	4/25/24 Thursday	4/26/24 Friday	4/27/24 Saturday
BREAKFAST	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Sausage Patty Biscuit W/ Cinnamon Butter <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal/Grits Scrambled Eggs Bacon Hash Brown Potatoes <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal/Cream of Rice Scrambled Eggs Turkey Sausage Danish <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Donut <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Link Coffee Cake <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Pancakes w/ Raspberry topping <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Turkey Bacon French Toast <b>Fresh Banana</b>
LUNCH	Garden Vegetable Soup Garden Salad <b>Beef Stir Fry</b> <b>Ham w/Rum Raisin</b>  Carrots Mashed Potatoes w/ Gravy Banana Upside Down Cake Chilled Fruit / Gelatin	Chicken Vegetable Garden Salad <b>Chicago Style Roast Beef Sandwich</b> <b>Tuna Salad</b>  Pickled Beets Ice Cream	MD Crab Soup Garden Salad <b>Chicken Salad Sandwich</b> <b>Beef Taco Salad</b>  Cucumber and Tomato Salad Ice Cream Chilled Fruit / Gelatin	Tomato Soup Garden Salad <b>Grilled Cheese</b> <b>Shrimp Caesar Salad</b> <b>Lettuce/Tomato</b>  Fruit Cup Ice Cream Chilled Fruit / Gelatin	Cream of Spinach Garden Salad <b>Hotdog on Bun</b> <b>w/ Mustard/Ketchup</b> <b>Chicken Cobb Salad w/ Roll</b>  Sweet Potato Fries  Ice Cream Chilled Fruit / Gelatin	Vegetable Minestrone Garden Salad <b>Fried Shrimp</b> <b>Egg Salad Platter</b>  Potato Salad Coleslaw Ice Cream Chilled Fruit / Gelatin	Cold Strawberry Soup Garden Salad <b>Cheese Pizza</b> <b>Turkey &amp; Swiss</b> <b>on Wheat</b> w/ Mustard / Mayo  Cucumber Dill Salad Ice Cream
DINNER	<b>Potato Leek Soup</b>  <b>Catfish</b> <b>Rotisserie Seasoned</b> <b>Chicken Quarter</b>  Green Beans Mashed Potatoes w/ Gravy  Ice Cream No Sugar Added Dessert	<b>Beef Vegetable</b>  <b>Salmon Cake</b> <b>Pork Chops</b>  Macaroni and Cheese Stewed Tomatoes Split Top Dinner Roll  Cheesecake Brownie No Sugar Added Dessert	<b>Mushroom Barley</b>  <b>Cilantro Lime Chicken</b> <b>Pork Loin</b>  Mashed Potatoes Asparagus Milk Chooclate Cake with Icing No Sugar Added Dessert	<b>Onion Swiss Soup</b>  <b>Flounder Floretine</b> <b>Sliced Roast Beef w/ Gravy</b>  Peas & Carrots Roasted Yukon Potatoes Oat Wheat Roll Angel Food Cake w/ Fresh Blueberries No Sugar Added Dessert	<b>Chicken Noodle</b>  <b>Sweet &amp; Sour Pork o/ Rice</b> <b>Lemon Baked Swai</b>  Sauteed Zucchini Mashed Potatoes Split Top Dinner Roll Eclairs No Sugar Added Ice Cream	<b>Corn Chowder Soup</b>  <b>Spaghetti w/ Meatsauce</b> <b>w/ Garlic Bread</b> <b>Carolina Fish Cakes</b>  Baked Sweet Potatoes Green Beans Split Top Dinner Roll Peach Pie No Sugar Added Dessert	<b>Cream of Broccoli</b>  <b>Greek Chicken Thighs</b> <b>Salisbury Steak</b>  Honey Glazed Carrots Baked Potatoes Oat Wheat Roll Coconut Cake No Sugar Added Ice Cream