

CONTINUING CARE AT CHARLESTOWN

	7/14/24 Sunday	7/15/24 Monday	7/16/24 Tuesday	7/17/24 Wednesday	7/18/24 Thursday	7/19/24 Friday	7/20/24 Saturday
BREAKFAST	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Sausage Patty Biscuit W/ Cinnamon Butter Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Scrambled Eggs Bacon Hash Brown Potatoes Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Cream of Rice Scrambled Eggs Turkey Sausage Danish Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Donut Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Link Coffee Cake Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Muffin Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Turkey Bacon French Toast Fresh Banana
LUNCH	Garden Vegetable Soup Garden Salad Beef Stir Fry Ham w/Rum Raisin Carrots Mashed Potatoes w/ Gravy Banana Upside down Cake Chilled Fruit / Gelatin	Chicken Florentine Garden Salad Chicago Style Roast Beef Sandwich Tuna Salad Sandwich Pickled Beets (No Onion) Pickled Beets Ice Cream	MD Crab Soup Garden Salad Turkey & Swiss on Wheat Beef Taco Salad Broccoli Cucumber and Tomato Salad Ice Cream Chilled Fruit / Gelatin	Tomato Soup Garden Salad Grilled Cheese Shrimp Caesar Salad Lettuce/Tomato Puree Peaches Fruit Cup Ice Cream Chilled Fruit / Gelatin	Cream of Spinach Garden Salad Hotdog on Bun w/ Mustard/Ketchup Chicken Cobb Salad w/ Roll Mashed Sweet Potatoes Sweet Potato Fries Ice Cream Chilled Fruit / Gelatin	Vegetable Minestrone Garden Salad Fried Shrimp Egg Salad Platter Cabbage Potato Salad Coleslaw Ice Cream Chilled Fruit / Gelatin	Cold Strawberry Soup Garden Salad Cheese Pizza Chicken Salad Sandwich Peas and Carrots Cucumber Dill Salad Ice Cream
DINNER	Onion Swiss Seasoned Catfish Buttermilk Chicken Green Beans Mashed Potatoes w/ Gravy Ice Cream No Sugar Added Dessert	Beef Vegetable Salmon Cake Fried Chicken Macaroni and Cheese Stewed Tomatoes Split Top Dinner Roll Cheesecake Brownie No Sugar Added Dessert	Mushroom Barley Cilantro Lime Chicken Pork Loin Carrots Mashed Potatoes Asparagus Milk Chooclate Cake with Icing No Sugar Added Dessert	Potato Leek Soup Flounder Floretine Sliced Roast Beef w/ Gravy Peas & Carrots Roasted Yukon Potatoes Dinner Roll Angel Food Cake w/ Fresh Blueberries No Sugar Added Dessert	Chicken noodle Sweet & Sour Pork o/ Rice Lemon Baked Swai Sautéed Zucchini Mashed Potatoes Dinner Roll Cherry Pie No Sugar Added Ice Cream	Corn Chowder Soup Spaghetti w/ Meatsauce w/ Garlic Bread Carolina Fish Cakes Baked Sweet Potatoes Green Beans Dinner Roll Peach Pie No Sugar Added Dessert	Cream of Broccoli Chicken Thigh Shawarma Salisbury Steak Honey Glazed Carrots Baked Potato Dinner Roll Coconut Cake No Sugar Added Ice Cream