

CONTINUING CARE AT CHARLESTOWN

	7/21/24 Sunday	7/22/24 Monday	7/23/24 Tuesday	7/24/24 Wednesday	7/25/24 Thursday	7/26/24 Friday	7/27/24 Saturday
BREAKFAST	Milk / OJ Oatmeal/ Cold Cereal Scrambled Eggs Turkey Sausage Link Biscuit Fresh Banana	Milk /OJ Oatmeal / Cold Cereal Scrambled Eggs Bacon French Toast Fresh Banana	Milk / OJ Oatmeal/Cream of Wheat / Cold Cereal Scrambled Eggs Sausage Links Muffin Fresh Banana	Milk / OJ Oatmeal/ Cold Cereal Scrambled Eggs Coffee Cake Canadian Bacon Fresh Banana	Milk / OJ Oatmeal / Cold Cereal Scrambled Eggs Tater Tots Bacon Fresh Banana	Milk / OJ Oatmeal/Grits / Cold Cereal Cheese Omelet Danish Turkey Sausage Patty Fresh Banana	Milk /OJ Oatmeal / Cold Cereal Scrambled Eggs Donuts Sausage Link Fresh Banana
LUNCH	Italian White Bean Soup Garden Salad Broccoli and Cheddar Quiche Pork Loin With Black Berry Sauce Southern Kale Roasted Potatoes Strawberry Shortcake Chilled Fruit / Gelatin Milk	Maryland Crab Soup Garden Salad Cheeseburger on Bun Lettuce/Tomato/ Pickle Mayo Chicken Ceasar Salad Wedge Fries Ice Cream Chilled Fruit / Gelatin Milk	Garden Vegetable Soup Garden Salad Sloppy Joe Lettuce, Tomato, Pickles Chef's Salad w/ Dressing Cabbage Mango Coleslaw Ice Cream Chilled Fruit / Gelatin Milk	Roasted Corn Soup Garden Salad BBQ Chicken & Bacon Sandwich Egg Salad on a Roll Lettuce/Tomato /Pickle Balsamic Glazed Pearl Onion Onion Rings w/ Ketchup Ice Cream Chilled Fruit / Gelatin Milk	Tomato Basil Soup Garden Salad Grilled Cheese Greek Salad w/Chicken Pears Fresh Fruit Cup Ice Cream Chilled Fruit / Gelatin Milk	Peach Mango Soup Garden Salad Seafood Salad sandwich Turkey Rachel Japanese Cucumber Salad Ice Cream Chilled Fruit / Gelatin Milk	Chicken Rice Garden Salad Meatball Sub Fried Shrimp French Fries Coleslaw Ice Cream Chilled Fruit / Gelatin Milk
DINNER	Chicken Barley Garden Salad Ravioli w/Garlic Bread Leg of Lamb Broccoli Ranch Mashed Potatoes Ice Cream No Sugar Added Dessert	Minestrone Garden Salad Ham w/ Pineapple Chicken Alfredo Balsamic Roasted Beets Mashed Potatoes Peanut Butter Brownies No Sugar Added Dessert	Potato Leek Soup Garden Salad Smothered Cajun Steak Bay Style Tilapia Sautéed Squash w/ Red Peppers Baked Sweet Potato Dinner Roll Chocolate Cake No Sugar Added Dessert	Shrimp Bisque Garden Salad Honey Dijon Pork Chops Beef Stir Fry W/ Sugar Snap Peas Oriental Green Beans Vegetable Fried Rice Dinner Roll Fresh Baked Cookies No Sugar Added Dessert	Cream of Broccoli Garden Salad Corned Beef Cod Parmesan Cabbage Boiled Potatoes Dinner Roll Cannoli's No Sugar Added Ice Cream	Beef Noodle Soup Garden Salad Baked Salmon Chicken Thigh Chassuer Balsamic Roasted Beets Baked Potatoes Dinner Roll Assorted Desserts No Sugar Added Dessert	Vegetable Minestrone Garden Salad Meatloaf Pork Tenderloin With Sauteed Apples Green Beans Mashed Potatoes w/ Gravy Dinner Roll Assorted Soda Float No Sugar Added Ice Cream