

# CONTINUING CARE AT CHARLESTOWN

	7/28/24 Sunday	7/29/24 Monday	7/30/24 Tuesday	7/31/24 Wednesday	8/1/24 Thursday	8/2/24 Friday	8/3/24 Saturday
BREAKFAST	Milk/OJ Oatmeal/ Cold Cereal Scrambled Eggs Bacon Coffee Cake <b>Fresh Banana</b>	Milk/OJ Oatmeal/ Cold Cereal/Grits Scrambled Eggs Turkey Sausage Links Danish <b>Fresh Banana</b>	Milk/ OJ Oatmeal/Cream of Wheat/ Cold Cereal Scrambled Eggs Bacon Muffins <b>Fresh Banana</b>	Milk/ OJ Oatmeal/ Cold Cereal Scrambled Eggs Sausage Links French Toast <b>Fresh Banana</b>	Milk/ OJ Grits/Oatmeal/ Cold Cereal Scrambled Eggs Sausage Patty Biscuit <b>Fresh Banana</b>	Milk/ OJ Oatmeal/ Cold Cereal Scrambled Eggs Bacon Scone <b>Fresh Banana</b>	Milk/ OJ Oatmeal/ Cold Cereal/Grits Scrambled Eggs Canadian Bacon Donuts <b>Fresh Banana</b>
LUNCH	<b>Chicken Barley</b> Garden Salad  <b>Bacon And Asparagus Quiche</b> <b>Mushroom Ravioli w/ Alfredo</b>  <b>Mashed Potatoes/ Gravy</b> Broccoli Toasted Garlic Bread Chilled Fruit /Gelatin Pound Cake w/ Strawberry Milk	<b>Tomato Soup</b> Garden Salad  <b>Hot Dog W/ Sauerkraut</b>  <b>Grilled Cheese</b>  <b>Fresh Cut Watermelon</b> Cocktail Fruit Chilled Fruit/ Gelatin Ice Cream Milk	<b>Chicken Noodle</b> Garden Salad  <b>Taco Salad</b>  <b>Fried Chicken Sandwich</b>  Carrots Carrot Raisin Salad Chilled Fruit/ Gelatin Ice Cream Milk	<b>Strawberry Soup</b> Garden Salad  <b>Sloppy Joe</b>  <b>Turkey Club Sandwich</b>  <b>French Fries</b> Chilled Fruit/ Gelatin Ice Cream Milk	<b>Beer Cheese Soup</b> Garden Salad  <b>Rueben Sandwich</b>  <b>Shrimp Salad Sandwich</b>  Chickpea Salad Chilled Fruit/ Gelatin Ice Cream Milk	<b>New England Clam Chowder</b> Garden Salad  <b>Chicken Salad</b>  <b>Cheese Pizza</b>  <b>Potato Salad</b> <b>Coleslaw</b> Brussel Sprouts Chilled Fruit/ Gelatin Ice Cream Milk	<b>Meatball Soup</b> Garden Salad  <b>Cottage Cheese &amp; Fruit Plate</b>  <b>Chicken Wings</b> <b>Pasta salad (no Veg)</b> <b>Vegetable Pasta Salad</b> <b>Roll</b> Chilled Fruit/ Gelatin Ice Cream Milk
DINNER	<b>Corn Chowder</b> Garden Salad  <b>Honey Garlic Chicken</b> <b>Beef Goulash</b>  Egg Noodles Brussel Sprouts Oat Wheat Dinner Roll  Ice Cream No Sugar Added Dessert	<b>Beef Vegetable</b> Garden Salad  <b>Bacon Bleu Cheese Pork Chop</b> <b>Tex-mex Catfish</b>  Blistered Tomatoes Mashed Potatoes Split Top Dinner Roll  Angel Food Cake with Fresh Blueberries No Sugar Added Dessert	<b>French Onion Soup</b> Garden Salad  <b>Baked Flounder Meuniere</b> <b>Hot Roast Beef</b>  Creamed Spinach Baked Potato Oat Wheat Dinner Roll  Blueberry Pie No Sugar Added Dessert	<b>Beef Barley</b> Garden Salad  <b>Lasagna w/ Garlic Bread</b> <b>Baked Scrod</b>  Italian Vegetable Medley Mashed Potatoes Split Top Dinner Roll  <b>Assorted Dessert</b> No Sugar Added Dessert	<b>Senate Bean Soup</b> Garden Salad  <b>Sour Beef &amp; Dumplings</b> <b>Pork loin w/ Blackberry Sauce</b>  Broccoli/Cauliflower Herbed Rice Oat Wheat Dinner Roll  Chocolate Meringue Pie No Sugar Added Ice Cream	<b>Vegetable Minestrone</b> Garden Salad  <b>Chicken Lo Mein</b> <b>Lemon Baked Cod</b>  Orange Glazed Beets Mashed Potatoes  Apple Walnut Cake No Sugar Added Dessert	<b>Chicken Barley</b> Garden Salad  <b>Beef Cottage Pie</b> <b>Mojo Pork</b> <b>Green Beans</b>  Asparagus Mashed Potatoes Split Top Roll  Ice Cream Sandwich No Sugar Added Ice Cream