

CONTINUING CARE AT CHARLESTOWN

	9/14/25 Sunday	9/15/25 Monday	9/16/25 Tuesday	9/17/25 Wednesday	9/18/25 Thursday	9/19/25 Friday	9/20/25 Saturday
BREAKFAST	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Biscuit W/ Cinnamon Butter Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Patty Scones Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Scrambled Eggs Turkey Sausage Danish Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Donut Holes 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 Stuffed Pancakes Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Turkey Sausage French Toast Casserole W/sauce Fresh Banana
LUNCH	Garden Vegetable Soup Garden Salad Smothered Pork Chops Sliced Roast beef w/ Gravy Carrots Mashed Potatoes w/ Gravy Collards Dinner Roll Pound Cake w/ Topping	Beef Noodle Soup Garden Salad Turkey Burger Ham Salad Sandwich Broccoli Crunch Salad Ice Cream	MD Crab Soup Garden Salad Beef Taco Salad Seafood Salad Vegetable Pasta Salad Ice Cream Chilled Fruit / Gelatin	Tomato Basil Soup Garden Salad Grilled Ham and Cheese Chicken Salad Sandwich Lettuce/Tomato Fruit Cup (pineapple, Mandarin, and Grapes) Ice Cream Chilled Fruit / Gelatin	Vegetable Minestrone Garden Salad Hotdog on Bun w/ Mustard/Ketchup Chicken Wings Fries Ice Cream Chilled Fruit / Gelatin	Cream of Spinach Soup Garden Salad Fried Shrimp Egg Salad Platter Potato Salad Coleslaw Ice Cream Chilled Fruit / Gelatin	Portuguese Bean Soup Garden Salad Cheese Pizza Turkey & Swiss on Wheat w/ Mustard / Mayo Cucumber Dill Salad Ice Cream
DINNER	Roasted Cauliflower Soup Bourbon Chicken Thighs Flounder Florentine Glazed Carrots Roasted Quartered Potatoes Ice Cream No Sugar Added Dessert	Sweet Potato Bisque Garden Salad/ Dressing Chicken Tikka Masala Italian Sausage Marinara o/ Gemelli Roasted Zucchini Mashed Potatoes Dinner Roll/Butter S'mores Brownie No Sugar Added Dessert	Mushroom Barley Soup Italian Herbed Chicken Breast Sweet & Sour Pork Rice Spinach Chocolate Cake with Icing No Sugar Added Dessert	Butternut Squash Soup Beef Stroganoff O/ Egg Noodles Mediterranean Cod Peas & Carrots Egg Noodles Dinner Roll Angel Food Cake w/Topping No Sugar Added Dessert	Chicken Noodle Soup Salisbury Steak Penne Pesto w/ Shrimp Baked Potatoes Roasted Vegetable Blend Dinner Roll Applesauce Cake No Sugar Added Ice Cream	Pasta Fagioli Fried Chicken Braised Beef Brisket Macaroni & Cheese Stewed Tomatoes Dinner Roll Vanilla Cupcake No Sugar Added Dessert	Broccoli Cheese Soup Greek Chicken Thighs Spaghetti w/ Meat sauce Garlic bread Balsamic Beets Mashed Sweet Potatoes Dinner Roll Coconut Cake No Sugar Added Ice Cream