

Continuing Care at Charlestown							
	9/28/25 Sunday	9/29/25 Monday	9/30/25 Tuesday	10/1/25 Wednesday	10/2/25 Thursday	10/3/25 Friday	10/4/25 Saturday
BREAKFAST	Milk/OJ Oatmeal Scrambled Eggs Sausage Link Danish Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon Hash Brown Potatoes Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Breakfast Ham Muffins Fresh Banana	Milk/OJ Oatmeal Cheese Egg Omelet Bacon Coffee Cake Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Sausage Patty Scone Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Turkey Sausage French Toast Casserole Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Sausage Links Donuts Fresh Banana
LUNCH	Mushroom Barley Soup Garden Salad/ Dressing Tomato & Cheddar Quiche Peachy Pork Chops Broccoli Mashed Potatoes Milk Cheesecake Chilled Fruit/ Gelatin	Beef Vegetable Soup Garden Salad/ Dressing Chicken Salad on Potato Roll Lettuce, Tomato & Pickle Pastrami and Swiss on Rye Cucumber, Tomato & Onion Ice Cream Chilled Fruit/ Gelatin	Chicken Noodle Soup Garden Salad/ Dressing Taco Salad Salmon Burgers French Fries Ice Cream Chilled Fruit / Gelatin	Tuscan White Bean Soup Garden Salad/ Dressing Seafood Salad Turkey Sloppy Joe Vegetable Pasta Salad Ice Cream Milk Ice Cream Chilled Fruit / Gelatin	Cream of Tomato Soup Garden Salad/ Dressing Beef Hot Dog Grilled Cheese Sandwich Baked Beans Cole Slaw Milk Ice Cream Chilled Fruit / Gelatin	Minestrone Soup Garden Salad/ Dressing Cod Nuggets Egg Salad Sandwich Cucumber & Onions Ice Cream Chilled Fruit / Gelatin	Vegetable Soup Garden Salad/ Dressing Roast Beef & Cheddar Sandwich Tuna Salad Sandwich Sweet Potato Fries Milk Ice Cream Chilled Fruit / Gelatin
DINNER	French Onion Soup Garden Salad/ Dressing Pulled Chicken Sandwich Swedish Meatballs W/ Egg Noodles Green Beans Dinner Roll/ Butter Ice Cream No Sugar Added Dessert	Turkey Chili Garden Salad/ Dressing Beef Stir Fry Tilapia w/ Shrimp Sauce Grilled Asparagus Rice Pineapple Upside Down Cake No Sugar Added Dessert	Butternut Squash Bisque Garden Salad/ Dressing Pot Roast w/ Vegetables Ranch Grilled Chicken Baked Sweet Potatoes Collard Greens Dinner Roll/Butter Cherry Pie No Sugar Added Dessert	Winter Lentil Soup Garden Salad/ Dressing Salisbury Steak Bourbon Chicken Herbed Rice Buttered Broccoli/Carrot Blend Apple Pie No Sugar Added Dessert	Potato Bacon Soup General Tso's Chicken Honey Garlic Salmon Fried Rice Asian Style Green Beans Dinner Roll Cheesecake w/ Topping No Sugar Added Dessert	Pumpkin Bisque Garden Salad/ Dressing Beef Chili w/ Cornbread Pumpkin Sage Tortellini Garlic Bread Garlic Roasted Potatoes Roasted Brussel Sprouts Peach Pie No Sugar Added Dessert	Beef Barley Soup Garden Salad/ Dressing Fried Chicken Sliced Ham Macaroni and Cheese Stewed Tomatoes Ice Cream Sandwich No Sugar Added Ice Cream