

CONTINUING CARE AT CHARLESTOWN

	9/7/25 Sunday	9/8/25 Monday	9/9/25 Tuesday	9/10/25 Wednesday	9/11/25 Thursday	9/12/25 Friday	9/13/25 Saturday
BREAKFAST	Milk/ OJ Oatmeal / Cold Cereal Scrambled Eggs Bacon Hash Browns Fresh Banana	Milk/ OJ Grits/ Cold Cereal Cheese Omelet Sausage Patty Biscuit w/ Cinnamon Butter Fresh Banana	Milk/OJ Oatmeal/Cream of Wheat/ Cold Cereal Scrambled Egg Bacon Donuts Fresh Banana	Milk/OJ Oatmeal/ Cold Cereal Scrambled Eggs Turkey Sausage Links Scones Fresh Banana	Milk/ OJ Oatmeal/Cheesy Grits / Cold Cereal Scrambled Eggs Breakfast Ham Muffins Fresh Banana	Milk/ OJ Oatmeal/ Cold Cereal Cheese Omelet Sausage Links Yogurt Parfait w/seasonal Fruit Fresh Banana	Milk/ OJ Oatmeal / Cold Cereal/Grits Scrambled Eggs Bacon Danish Fresh Banana
LUNCH	Lemon Greek Chicken Soup Garden Salad Beef Stroganoff Tomato and Cheddar Quiche Peas and Carrots Egg Noodles Dinner Roll Chocolate Cake Ice Cream Milk	French Onion Soup Garden Salad Chicken Caprese Sandwich Egg Salad Sandwich with Tomato,Pickle and Lettuce Tomato Basil Salad Chilled Fruit/ Gelatin Assorted Selection Milk	Beef Minestrone Garden Salad Wing Dings Hot Dog Watermelon Chilled Fruit/ Gelatin Ice Cream Milk	Cream of Crab Soup Garden Salad Chicken Philly Slider Lettuce, Tomato & Pickle Ham Salad Sandwich Carrot Raisin Salad Chilled Fruit/ Gelatin Ice Cream Milk	Peach Mango Soup Garden Salad Turkey Burger Cheese Pizza Cucumber & Tomato Salad Chilled Fruit/ Gelatin Ice Cream Milk	Cream of Tomato Soup Garden Salad Three Cheese Grilled Cheese Pastrami and Swiss on Rye Fruit Salad Chilled Fruit/ Gelatin Ice Cream Milk	Beef Barley Soup Garden Salad Cheeseburger Tuna salad on Wheat w/ Tomato and Cheese Coleslaw Chilled Fruit/ Gelatin Ice Cream Milk
DINNER	Tuscan White Bean Soup Garden Salad Tuna Noodle Casserole Pulled BBQ Chicken Sandwich Harvard Beets Chilled Fruit/ Gelatin Ice Cream No Sugar Added Dessert	Garden Vegetable Soup Garden Salad Open Faced Roast Beef Flounder Florentine Italian Asparagus Loaded Baked Potatoes Dinner Roll Chilled Fruit/ Gelatin Brownie Ice Cream No Sugar Added Dessert	Potato Leek Soup Garden Salad Salmon Cakes Herb Baked Chicken Thighs Kale Cheesy Polenta Chilled Fruit/ Gelatin Rice Pudding No Sugar Added Dessert	Mushroom Bisque Garden Salad Meatloaf Apple Pork Tenderloin Macaroni & Cheese Lemon Garlic Broccoli Chilled Fruit/ Gelatin Ice cream float No Sugar Added Dessert	Lentil Curry Soup Garden Salad Teriyaki Beef Stir Fry Ranch Grilled Chicken Thigh Seasoned Green Beans Vegetable Fried Rice Dinner Roll Chilled Fruit/Gelatin Pineapple Upside down cake No Sugar Added Ice Cream	Manhattan Clam Chowder Garden Salad Ravioli Marinara w/ Garlic bread Herb Crusted Cod Baked Sweet Potato Green Peas Dinner Roll Chilled Fruit/ Gelatin Ice Cream Nutty Buddy No Sugar Added Dessert	Ham, Bean, and Tomato Soup Garden Salad Ham Roasted Turkey Collard Greens Mashed Potatoes Dinner Roll Chilled Fruit/ Gelatin Double Chocolate Cupcake No Sugar Added Ice Cream