

## CONTINUING CARE AT CHARLESTOWN

	12/7/25 Sunday 1	12/8/25 Monday	12/9/25 Tuesday	12/10/25 Wednesday	12/11/25 Thursday	12/12/25 Friday	12/13/25 Saturday
BREAKFAST	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Biscuit W/ Cinnamon Butter <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Patty Scones <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal/Grits Scrambled Eggs Turkey Sausage Danish <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Donut Holes <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Link Coffee Cake <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Stuffed Pancakes <b>Fresh Banana</b>	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Turkey Sausage French Toast Casserole W/ sauce <b>Fresh Banana</b>
LUNCH	Garden Vegetable Garden Salad <b>Smothered Pork Chops</b> <b>Sliced Roast beef w/ Gravy</b>  MP/MS Carrots Mashed Potatoes w/ Gravy Collards Dinner Roll Pound Cake w/ Topping	Beef Noodle Garden Salad <b>Turkey Burger</b> <b>Ham Salad Sandwich</b>  Marinated Chick pea Salad Ice Cream	MD Crab Soup Garden Salad <b>Beef Taco Salad</b> <b>Seafood Salad</b>  Vegetable Pasta Salad Ice Cream Chilled Fruit / Gelatin	Tomato Basil Soup Garden Salad <b>Grilled Ham and Cheese</b> <b>Chicken Salad Sandwich</b> <b>Lettuce/Tomato</b>  Fruit Cup (pineapple, Mandarin, and Grapes) Ice Cream Chilled Fruit / Gelatin	Vegetable Minestrone Garden Salad <b>Hotdog on Bun</b> <b>w/ Mustard/Ketchup</b> <b>Chicken Wings</b>  Fries Ice Cream Chilled Fruit / Gelatin	Cream of Spinach Garden Salad <b>Fried Shrimp</b> <b>Egg Salad Platter</b>  Potato Salad Coleslaw Ice Cream Chilled Fruit / Gelatin	Portugease Bean Soup Garden Salad <b>Cheese Pizza</b> <b>Turkey &amp; Swiss</b> <b>on Wheat</b> w/ Mustard / Mayo  Cucumber Dill Salad Ice Cream
DINNER	Roasted Cauliflower Soup  <b>Bourbon Chicken Thighs</b> <b>Flounder Florentine</b>  Glazed Carrots Roasted Quartered Potatoes  Ice Cream No Sugar Added Dessert	<b>Sweet Potato Bisque</b> Garden Salad/ Dressing  <b>Chicken Tikka Masala</b> <b>Italian Sausage Marinara</b> <b>o/ Gemelli</b>  Roasted Zucchini Mashed Potatoes Dinner Roll/Butter S'mores Brownie No Sugar Added Dessert	<b>Mushroom Barley</b>  <b>Italian Herbed Chicken Breast</b> <b>Sweet &amp; Sour Pork</b>  Rice Spinach  Choocolate Cake with Icing No Sugar Added Dessert	<b>Butternut Squash Soup</b>  <b>Beef Stroganoff O/ Egg noodles</b> <b>Mediterranean Cod</b>  Peas & Carrots Egg Noodles Dinner Roll  Angel Food Cake w/topping No Sugar Added Dessert	<b>Chicken noodle</b>  <b>Salisbury Steak</b> <b>Penne Pesto w/ Shrimp</b>  Baked Potatoes Roasted Vegetable Blend Dinner Roll  Applesauce Cake No Sugar Added Ice Cream	<b>Pasta Fagoli</b>  <b>Fried Chicken</b> <b>Braised Beef Brisket</b>  Macaroni & Cheese Stewed Tomatoes Dinner Roll  Vanilla Cupcakes No Sugar Added Dessert	<b>Broccoli Cheese Soup</b>  <b>Greek Chicken Thighs</b> <b>Spaghetti w/ Meat sauce</b> <b>Garlic bread</b>  Balsamic Beets Mashed Sweet Potatoes Dinner Roll  Coconut Cake No Sugar Added Ice Cream