Continuing Care at Charlestown

	1/11/26 **Sunday**	1/12/26 **Monday**	1/13/26 **Tuesday**	1/14/26 **Wednesday**	1/15/26 **Thursday**	1/16/26 **Friday**	1/17/26 **Saturday**
BREAKFAST	Milk/ OJ Oatmeal Scrambled Eggs Biscuit Chipped Beef **Fresh Banana**	Milk/ OJ Oatmeal Cheese Omelet Sausage Links Danish **Fresh Banana**	Milk/ OJ Cream of Wheat/Oatmeal Scrambled Eggs Bacon Donuts **Fresh Banana**	Milk/ OJ Oatmeal Scrambled Eggs Canadian Bacon Stuffed Pancakes **Fresh Banana**	Milk/OJ Cheesy Grits/Oatmeal Cheese Omelet Turkey Sausage Patty Scones **Fresh Banana**	Milk/OJ Oatmeal Scrambled Eggs Bacon Chefs Choice Assortment **Fresh Banana**	Milk/OJ Oatmeal Scrambled Eggs Sausage Patty Coffee Cake **Fresh Banana**
LUNCH	**Ham Potato and Bean Soup** **Garden Salad / Dressing** **Asian Beef Pepper Steak** **Lemon Poached Salmon** **Rice** **Squash, Fennel, Onion Blend** Dinner Rolls Fruit Cobbler	**Beef Barley Soup** **Garden Salad / Dressing** **Chicken Wings w/ Sauces** **Seafood Salad on Potato roll** Carrots Milk Ice Cream Chilled Fruit / Gelatin	**Chicken and Rice Soup** **Garden Salad / Dressing** **Bacon, Lettuce, and Tomato** **Cheese Quesadilla** **Mexican Corn Salad** Roll Milk Ice Cream Chilled Fruit / Gelatin	**Cream of Tomato Soup** **Garden Salad / Dressing** **Grilled Cheese** **Philly Cheese Steak Slider** **Lettuce, Tomato, Pickle** **Mayo & Ketchup** Fries Milk Ice Cream Chilled Fruit / Gelatin	**Minestrone** **Garden Salad / Dressing** **Beef Hot Dog** **Turkey Club Sandwich** Coleslaw Baked Beans Milk Ice Cream Chilled Fruit / Gelatin	**Carrot Ginger Soup** **Garden Salad / Dressing** **Tuna Salad Sandwich** **Lettuce, Tomato, Pickle** **Fried Chicken Breast Sandwich** **Lettuce, Tomato, Pickle** Cucumber Dill Salad Milk Ice Cream Chilled Fruit/ Gelatin	**Sausage Bean & Kale Soup** **Garden Salad / Dressing** **Ham and Cheese Sandwich** **w/ Lettuce, Tomato** **Mayo & Ketchup** **Cod Nuggets w/ Roll** Vegetable Pasta Salad Milk Ice Cream Chilled Fruit/ Gelatin
DINNER	**Chicken Noodle Soup** **Garden Salad / Dressing** **Roast Beef w/ Gravy** **Chicken Pot Pie over Biscuit** Mashed Potatoes Broccoli Ice Cream No Sugar Added Dessert	**Butternut Squash Soup** **Garden Salad/Dressing** **Sour Beef w/ Dumplings** **Honey Garlic Chicken thighs** German Red Cabbage Mashed Potatoes w/ Gravy Dinner Roll/Butter Cherry Pie No Sugar Added Dessert	**Potato Leek Soup** **Garden Salad/Dressing** **Beef Lasagna w/ Garlic Bread** **Lemon Poached Basa** Kale Baked Potato Dinner Roll/Butter Apple Pie No Sugar Added Dessert	**French Onion Soup** **Garden Salad / Dressing** **Dijon Chicken Breast** **Salisbury Steak** Mashed Potatoes Green Beans Garlic Bread Peanut Butter Fudge No Sugar Added Dessert	**Cream of Broccoli Soup** **Garden Salad/ Dressing** **Corned Beef** **Chicken Maria** Cabbage Quartered Parsley Potatoes Dinner Roll/Butter Fruit Cobbler No Sugar Added Ice Cream	**Vegetable Soup** **Garden/ Dressing** **Ravioli W/ Marinara** **W/ Garlic Bread** **Sweet and Sour Pork over Rice** Buttered Collard Greens Boston Cream Pie No Sugar Added Dessert	**Corn Chowder** **Garden Salad/Dressing** **Meatloaf** **Roasted Turkey Breast** Mashed Potatoes Spinach Pumpkin Pie No Sugar Added Ice Cream