Continuing Care at Charlestown

	1/18/26 **Sunday**	1/19/26 **Monday**	1/20/26 **Tuesday**	1/21/26 **Wednesday**	1/22/26 **Thursday**	1/23/26 **Friday**	1/24/26 **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 Link Donuts **Fresh Banana**
LUNCH	**Beef Vegetable Soup** Garden Salad/ Dressing **Macaroni & Beef Casserole** **Smothered Pork Chop** **Broccoli** Mashed Potatoes Milk Cheesecake Chilled Fruit/ Gelatin	**Mushroom Barley 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	**Vegetable 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 Nugget** **Egg Salad Sandwich** Cucumber & Onions Ice Cream Chilled Fruit / Gelatin	**Chicken Noodle 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 Breast** Baked Sweet Potato Collard Greens Dinner Roll/Butter Cherry Pie No Sugar Added Dessert	**Winter Lentil Soup** Garden Salad/ Dressing **Salisbury Steak** **Bourbon Chicken Thigh** Mashed Potatoes 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 Pound cake w/ Topping No Sugar Added Dessert	**Pumpkin Bisque** Garden Salad/ Dressing **Beef Chili w/ Cornbread** **Pumpkin Sage Tortellini** **Garlic Bread** Vegetable Blend 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