

CONTINUING CARE AT CHARLESTOWN

	3/15/26 Sunday	3/16/26 Monday	3/17/26 Tuesday	3/18/26 Wednesday	3/19/26 Thursday	3/20/26 Friday	3/21/26 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 Burger 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	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 Roasted Asparagus Rice Pineapple Upside Down Cake No Sugar Added Dessert	Split Pea Soup Garden Salad/ Dressing Corned Beef Shepherd's Pie Boiled Potatoes Cabbage Dinner Roll/Butter Bailey's Irish Cream Cake No Sugar Added Dessert	Winter Lentil Soup Garden Salad/ Dressing Salisbury Steak Bourbon Chicken Thighs 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