

Continuing Care at Charlestown							
	3/8/26 Sunday	3/9/26 Monday	3/10/26 Tuesday	3/11/26 Wednesday	3/12/26 Thursday	3/13/26 Friday	3/14/26 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 Donut Fresh Banana	Milk/ OJ Oatmeal Scrambled Eggs Canadian Bacon Stuffed pancakes Fresh Banana	Milk/OJ Cheesy Grits/Oatmeal Cheese Omelets 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 Roll 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