

# CONTINUING CARE AT CHARLESTOWN

	5/3/26 Sunday	5/4/26 Monday	5/5/26 Tuesday	5/6/26 Wednesday	5/7/26 Thursday	5/8/26 Friday	5/9/26 Saturday
BREAKFAST	Milk / OJ Oatmeal/ Cold Cereal Scrambled Eggs Chipped Beef Biscuit <b>Fresh Banana</b>	Milk /OJ Oatmeal / Cold Cereal Scrambled Eggs Bacon Donuts <b>Fresh Banana</b>	Milk / OJ Oatmeal/Cream of Wheat / Cold Cereal Cheese Omelet Sausage Links Muffin <b>Fresh Banana</b>	Milk / OJ Oatmeal/ Cold Cereal Scrambled Eggs Coffee Cake Turkey Sausage Patty <b>Fresh Banana</b>	Milk / OJ Oatmeal / Cold Cereal Scrambled Eggs Biscuit Sausage Gravy <b>Fresh Banana</b>	Milk / OJ Oatmeal/Grits / Cold Cereal Cheese Omelet Seasoned Hashbrowns Sausage Patty <b>Fresh Banana</b>	Milk /OJ Oatmeal / Cold Cereal Scrambled Eggs Yogurt Parfait Bacon <b>Fresh Banana</b>
LUNCH	<b>Italian White Bean Soup</b> Garden Salad <b>Smothered Pork Chops</b> <b>Miso Glazed Cod</b>  Southern Kale Mashed Potatoes Strawberry Shortcake Chilled Fruit / Gelatin Milk	<b>Garden Vegetable Soup</b> Garden Salad <b>Chicken Nuggets</b> <b>Beef Kofta</b>  Coleslaw Ice Cream Chilled Fruit / Gelatin Milk	<b>Chicken Tortilla Soup</b> Garden Salad <b>Taco Salad</b> <b>Cottage Cheese &amp; Fruit Plate</b>  Cucumber and Tomato Salad Ice Cream Chilled Fruit / Gelatin Milk	<b>Roasted Corn Soup</b> Garden Salad <b>Sloppy Joe</b> <b>Chicken Quesadilla</b>  Onion Rings w/ Ketchup Ice Cream Chilled Fruit / Gelatin Milk	<b>Tomato Basil Soup</b> Garden Salad <b>Seafood Salad</b> <b>Grilled Cheese</b>  Fresh Fruit Cup Ice Cream Chilled Fruit / Gelatin Milk	<b>Peach Mango Soup</b> Garden Salad <b>Egg Salad Sandwich</b> <b>Grilled Chicken Ceasar Salad</b>  <b>Fries</b>  Ice Cream Chilled Fruit / Gelatin Milk	<b>Chicken Noodle Soup</b> Garden Salad <b>Ham and Cheese Sandwich</b> <b>Turkey Burger</b>  Mango Coleslaw  Ice Cream Chilled Fruit / Gelatin Milk
DINNER	<b>Beef Barley Soup</b> Garden Salad  <b>Rigatoni and Sausage Ragu</b> <b>Chicken Thigh Adobo</b>  Broccoli Herbed Rice  Ice Cream No Sugar Added Dessert	<b>Roasted Cauliflower Soup</b> Garden Salad  <b>Beef Stroganoff</b> <b>Roasted Turkey</b>  <b>Balsamic Roasted Beets</b> Egg Noodles  Cheesecake No Sugar Added Dessert	<b>Caldo De Oso</b> <b>(Mine Workers Fish Soup)</b>  <b>Cilantro Lime Salmon</b> <b>Brisket Barbacoa</b>  Cilantro Lime Rice Street Corn Dinner Roll  Tres Leche Cake No Sugar Added Dessert	<b>Shrimp Bisque</b> Garden Salad  <b>Spaghetti W/ Meat sauce</b> <b>Cod Dijonnaise</b>  Carrots Mashed Potatoes Dinner Roll  Fresh Baked Cookies No Sugar Added Dessert	<b>Cream of Broccoli Soup</b> Garden Salad  <b>Corned Beef</b> <b>Chicken Breast Chasseur</b>  Cabbage Boiled Potatoes Dinner Roll  Assorted Novelties No Sugar Added Ice Cream	<b>Maryland Crab Soup</b> Garden Salad  <b>Beef Pepper Steak</b> <b>Fried Shrimp</b>  <b>Spinach</b> Rice Dinner Roll  Carrot Cake No Sugar Added Dessert	<b>Vegetable Minestrone</b> Garden Salad   <b>Pot Roast</b> <b>Mushroom Ravioli W/ Alfredo</b>  Yellow Squash and Peppers Mashed Potatoes w/ Gravy Dinner Roll  Assorted Soda Float No Sugar Added Ice Cream