

CONTINUING CARE AT CHARLESTOWN

	9/20/26 Sunday	9/21/26 Monday	9/22/26 Tuesday	9/23/26 Wednesday	9/24/26 Thursday	9/25/26 Friday	9/26/26 Saturday
BREAKFAST	Milk / OJ Oatmeal/ Cold Cereal Scrambled Eggs Chipped Beef Biscuit Fresh Banana	Milk /OJ Oatmeal / Cold Cereal Scrambled Eggs Bacon Donuts Fresh Banana	Milk / OJ Oatmeal/Cream of Wheat / Cold Cereal Cheese Omelet Sausage Links Muffin Fresh Banana	Milk / OJ Oatmeal/ Cold Cereal Scrambled Eggs Scone Bacon Fresh Banana	Milk / OJ Oatmeal / Cold Cereal Scrambled Eggs Coffee Cake Turkey Sausage Patty Fresh Banana	Milk / OJ Oatmeal/Grits / Cold Cereal Cheese Omelet Seasoned Hashbrowns Sausage Patty Fresh Banana	Milk /OJ Oatmeal / Cold Cereal Scrambled Eggs Yogurt Parfait Bacon Fresh Banana
LUNCH	Italian White Bean Soup Garden Salad Smothered Pork Chops Miso Glazed Cod Southern Kale Mashed Potatoes Strawberry Shortcake Chilled Fruit / Gelatin Milk	Garden Vegetable Soup Garden Salad Chicken Nuggets Italian Cold Cut Sandwich Fries Ice Cream Chilled Fruit / Gelatin Milk	Chicken Tortilla Soup Garden Salad Taco Salad Cottage Cheese & Fruit Plate Cucumber and Tomato Salad Ice Cream Chilled Fruit / Gelatin Milk	Roasted Corn Soup Garden Salad Sloppy Joe Chicken Quesadilla Onion Rings w/ Ketchup Ice Cream Chilled Fruit / Gelatin Milk	Tomato Basil Soup Garden Salad Seafood Salad Grilled Cheese Fresh Fruit Cup Ice Cream Chilled Fruit / Gelatin Milk	Peach Mango Soup Garden Salad Egg Salad Sandwich Grilled Chicken Ceasar Salad Fries Ice Cream Chilled Fruit / Gelatin Milk	Chicken Noodle Soup Garden Salad Ham and Cheese Sandwich Turkey Burger Mango Coleslaw Ice Cream Chilled Fruit / Gelatin Milk
DINNER	Beef Barley Soup Garden Salad Rigatoni and Sausage Ragu Chicken Thigh Adobo Broccoli Herbed Rice Ice Cream No Sugar Added Dessert	Roasted Cauliflower Soup Garden Salad Pot Roast Baked Salmon Balsamic Roasted Beets Egg Noodles Cheesecake No Sugar Added Dessert	Potato Leek Soup Garden Salad Roasted Turkey Bay Style Tilapia Succotash Baked Sweet Potato Dinner Roll Lemon Meringue Pie No Sugar Added Dessert	Shrimp Bisque Garden Salad Beef and Bean Stew (Feijoada) Seafood Paella Mexican Street Corn Fried Plantains Churros No Sugar Added Dessert	Cream of Broccoli Soup Garden Salad Corned Beef Chicken Breast Chasseur Cabbage Boiled Potatoes Dinner Roll Assorted Novelties No Sugar Added Ice Cream	MD Crab Soup Garden Salad Beef Pepper Steak Fried Shrimp Spinach Rice Dinner Roll Carrot Cake No Sugar Added Dessert	Vegetable Minestrone Garden Salad Beef Stroganoff Mushroom Ravioli W/ Alfredo Yellow Squash and Peppers Mashed Potatoes w/ Gravy Dinner Roll Assorted Soda Float No Sugar Added Ice Cream