

Continuing Care at Charlestown							
	9/27/26 Sunday	9/28/26 Monday	9/29/26 Tuesday	9/30/26 Wednesday	10/1/26 Thursday	10/2/26 Friday	10/3/26 Saturday
BREAKFAST	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Biscuit W/ Cinnamon Butter Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Patty Scones Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Scrambled Eggs Turkey Sausage Danish Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Glazed Donuts Fresh Banana	Milk/OJ Oatmeal/Cold Cereal/Grits Cheese Omelet Pork Sausage Link Coffee Cake Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Bacon Stuffed Pancakes Fresh Banana	Milk/OJ Oatmeal/Cold Cereal Scrambled Eggs Chipped Beef Biscuits Fresh Banana
LUNCH	Garden Vegetable Garden Salad Smothered Pork Chops Sliced Roast beef w/ Gravy Mashed Potatoes w/ Gravy Sauteed Cabbage Dinner Roll Pound Cake w/ Topping	Beef Noodle Garden Salad Turkey Tetrazzini Ham Salad Sandwich Marinated Chick pea Salad Ice Cream	MD Crab Soup Garden Salad Beef Taco Salad Chicken Enchiladas Deli Pasta Salad Ice Cream Chilled Fruit / Gelatin	Tomato Basil Soup Garden Salad 3 Cheese Grilled Cheese Penne and Meat sauce Fruit Cup (pineapple, Mandarin, and Grapes) Ice Cream Chilled Fruit / Gelatin	Vegetable Minestrone Garden Salad Hotdog on Bun w/ Mustard/Ketchup Seafood Salad Fries Ice Cream Chilled Fruit / Gelatin	Cream of Spinach Garden Salad Pulled BBQ Chicken Egg Salad Platter Potato Salad Carolina Slaw Ice Cream Chilled Fruit / Gelatin	Pasta Fagoili Garden Salad Cheese Pizza Turkey & Swiss on Wheat w/ Mustard / Mayo Cucumber Dill Salad Ice Cream
DINNER	Ham Tomato and Bean Chicken Marsala Flounder Florentine Collards Roasted Quartered Potatoes Ice Cream No Sugar Added Dessert	Sweet Potato Bisque Garden Salad/ Dressing Grilled Vietnamese Chicken thigh Herbed Baked Salmon Seasoned Zucchini Garlic Jasmine Rice Dinner Roll/Butter Lemon Cake No Sugar Added Dessert	Mushroom Barley Honey Garlic Chicken Breast Sweet & Sour Pork Mashed Potatoes Spinach Chocolate Cream Pie No Sugar Added Dessert	Butternut Squash Soup Turkey Bolognaise W/ Garlic Knot Mediterranean Cod Succotash Egg Noodles Angel Food Cake w/topping No Sugar Added Dessert	Chicken noodle Tenderloin Tips Over Potatoes Roasted Turkey w/Gravy Roasted Sweet Potatoes Kale Dinner Roll Applesauce Cake No Sugar Added Ice Cream	Sausage Bean & Rice Soup Braised Beef Brisket Baked Tilapia Asparagus Loaded Baked Potatoes Dinner Roll Chefs Choice No Sugar Added Dessert	Broccoli Cheese Soup Chicken & Dumplings Baked Catfish Balsamic Beets Mashed Sweet Potatoes Dinner Roll Coconut Cake No Sugar Added Ice Cream