

Continuing Care at Charlestown							
	10/11/26 Sunday	10/12/26 Monday	10/13/26 Tuesday	10/14/26 Wednesday	10/15/26 Thursday	10/16/26 Friday	10/17/26 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 Cheese Strata Breakfast Ham Muffins Fresh Banana	Milk/OJ Oatmeal Frittata Tomato Mushroom 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 Steamed Carrots Mashed Potatoes Milk Cheesecake Chilled Fruit/ Gelatin	Mushroom Bisque Garden Salad/ Dressing Chicken Salad on Potato Roll Lettuce, Tomato & Pickle Salmon Burgers Cucumber, Tomato & Onion Ice Cream Chilled Fruit/ Gelatin	Vegetable Soup Garden Salad/ Dressing Taco Salad Pastrami & Swiss on Rye Potato Chips Ice Cream Chilled Fruit / Gelatin	Chicken Rice Soup Garden Salad/ Dressing Seafood Salad Turkey Sloppy Jill Vegetable Pasta Salad Ice Cream Milk Ice Cream Chilled Fruit / Gelatin	Cream of Tomato Soup Garden Salad/ Dressing Turkey Tetrazzini Tuna Salad Sandwich Harvard Beets Cole Slaw Milk Ice Cream Chilled Fruit / Gelatin	Mushroom Barley Soup Garden Salad/ Dressing Cod Cakes Chicken Farro Arugula Salad Cucumber & onions Ice Cream Chilled Fruit / Gelatin	Chicken Noodle Soup Garden Salad/ Dressing Roast beef & Cheddar Sandwich Grilled Cheese Potato Wedges Milk Ice Cream Chilled Fruit / Gelatin
DINNER	Red Pepper Bisque Garden Salad/ Dressing Pulled Chicken Sandwich Swedish Meatballs W/ Egg Noodles Green Beans Dinner Roll/ Butter Ice Cream No Sugar Added Dessert	Portuguese Bean Soup Garden Salad/ Dressing Beef Stir Fry Tilapia w/ Shrimp Sauce Roasted Asparagus Rice Pineapple Upside Down Cake No Sugar Added Dessert	Butternut Squash Bisque Garden Salad/ Dressing Pot Roast w/ Vegetables Ranch Grilled Chicken Breast Baked Sweet Potato Collard Greens Dinner Roll/Butter Cherry Pie No Sugar Added Dessert	Lamb Lentil Soup Garden Salad/ Dressing Salisbury Steak Bourbon Chicken Thigh 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	Split Pea Soup Garden Salad/ Dressing Cottage Pie Pumpkin Sage Tortellini Garlic Bread Vegetable Blend Peach Pie No Sugar Added Dessert	Beef Barley Soup Garden Salad/ Dressing Roasted Turkey Baked Haddock Macaroni and Cheese Stewed Tomatoes Ice Cream Sandwich No Sugar Added Ice Cream