

CONTINUING CARE AT CHARLESTOWN

	10/18/26 Sunday	10/19/26 Monday	10/20/26 Tuesday	10/21/26 Wednesday	10/22/26 Thursday	10/23/26 Friday	10/24/26 Saturday
BREAKFAST	Milk/OJ Oatmeal Scrambled Eggs Sausage Patty Seasoned Tater Tots Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon Stuffed Pancakes Fresh Banana	Milk/OJ Cream of Wheat/Oatmeal Cheese Omelets Turkey Sausage Links Muffin Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon Donuts Fresh Banana	Milk/OJ Oatmeal/Grits Savory Breakfast Casserole Scrapple Scone Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Bacon French Toast Casserole Fresh Banana	Milk/OJ Oatmeal Scrambled Eggs Sausage Links Danish Fresh Banana
LUNCH	Cream of Potato Soup Garden Salad/ Dressing Cajun Chicken w/ Corn Salsa Manicotti W/ Garlic Bread Linguine Peas and Carrots Chocolate Layer Cake Chilled Fruit / Gelatin Milk	Cream of Tomato Soup Garden Salad/ Dressing Grilled Cheese Bacon lettuce & Tomato	Vegetable Soup Garden Salad/ Dressing Beef Taco Salad Chicken Pot Pie o/ Biscuit Stewed Tomatoes Ice Cream Chilled Fruit / Gelatin Milk	Tuscan White Bean Soup Garden Salad/ Dressing Chicken Cheesesteak Egg Salad Sandwich Three Bean Salad Ice Cream Chilled Fruit / Gelatin Milk	Md Crab Soup Garden Salad/ Dressing Roast Beef & Swiss Southwest Stuff Pepper w/ Chicken Au Gratin Potatoes Ice Cream Chilled Fruit / Gelatin Milk	Manhattan Clam Chowder Garden Salad/ Dressing Shrimp Salad Plate Cheese Pizza Potato Salad Coleslaw Ice Cream Chilled Fruit / Gelatin Milk	Spinach Tortellini Soup Garden Salad/ Dressing Meatball Sub Chicken Salad Sandwich Pickled Beets MP/MS Beets MP Fruit Ice Cream Milk
DINNER	Escarole Farro & Bean Soup Garden Salad/ Dressing Salisbury Steak Chicken Piccata Baked Potatoes Roasted Zucchini Ice Cream No Sugar Added Dessert	Shrimp Bisque Garden Salad/ Dressing Steak Diane Baked Cod Mashed Potatoes Green Beans Lemon Cake No Sugar Added Dessert	Red Pepper Bisque Garden Salad/Dressing Pork Chop w/ Bourbon Glaze Beef Bourguignon Mashed Potatoes Parmesan Roasted Carrots Apple Pie No Sugar Added Dessert	Chicken Barley Soup Garden Salad/Dressing BBQ Chicken thighs Tuna Noodle Casserole Yellow Squash Dinner Roll/Butter Assorted Cookies No Sugar Added Dessert	Bermuda Fish Chowder Garden Salad/Dressing Spaghetti w/ Meat sauce Dijon Chicken Mashed Potatoes Spinach Dinner Roll/Butter Boston Cream Pie No Sugar Added Ice Cream	Lentil Curry Soup Garden Salad/Dressing Seasoned Salmon Chicken Port Wine Herb Demi Oriental Rice Broccoli Assorted Pie/Cake No Sugar Added Dessert	Greek lemon Egg Soup Garden Salad/ Dressing Meatloaf Chicken Lo Mein Cauliflower Baked Sweet potato Dinner Roll/ Butter Ice Cream Nutty Buddy Cone No Sugar Added Ice Cream