Continuing Care at Charlestown

	11/15/26 **Sunday**	11/16/26 **Monday**	11/17/26 **Tuesday**	11/18/26 **Wednesday**	11/19/26 **Thursday**	11/20/26 **Friday**	11/21/26 **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** **Mashed Potatoes** Peas and Carrots Chocolate Layer Cake Chilled Fruit / Gelatin Milk	Tuscan White Bean Soup Garden Salad/ Dressing **Chicken Cheesesteak** **Bacon lettuce & Tomato** Coleslaw Ice Cream Chilled Fruit / Gelatin Milk Roll	Vegetable Soup Garden Salad/ Dressing **Beef Taco Salad** **Chicken Pot Pie o/ Biscuit** Stewed Tomatoes Ice Cream Chilled Fruit / Gelatin Milk	Tomato Soup Garden Salad/ Dressing **Grilled Cheese** **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	Manhatten Clam Chowder Garden Salad/ Dressing **Shrimp Salad Plate** **Cheese Pizza** Potato Salad Coleslaw Ice Cream Chilled Fruit / Gelatin Milk	Spinach Tortellini Garden Salad/ Dressing **Meatball Sub** **Chicken Salad Sandwich** Pickled Beets Fruit Ice Cream Milk
DINNER	**Escarole Farro & Bean Soup** Garden Salad/ Dressing **Salisbury Steak** **Chicken Piccata** **Baked Potato** Roasted Zucchini Ice Cream No Sugar Added Dessert	**Shrimp Bisque** Garden Salad/ Dressing **Steak Diane** **Tuna Noodle Casserole** 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** **Baked Cod** 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