Continuing Care at Charlestown

	11/8/26 **Sunday**	11/9/26 **Monday**	11/10/26 **Tuesday**	11/11/26 **Wednesday**	11/12/26 **Thursday**	11/13/26 **Friday**	11/14/26 **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 noodle** Green Beans Dinner Roll/ Butter Ice Cream No Sugar Added Dessert	**Swamp Stew** Garden Salad/ Dressing **Country Style BBQ Pork Ribs** **Shrimp Creole Over Rice** Southern Carrot Casserole Rice Coca Cola Cake No Sugar Added Dessert	**Butternut Squash Bisque** Garden Salad/ Dressing **Pot Roast w/ Vegetables** **Ranch Grilled Chicken Breast** Baked Sweet Potatoes 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