



Avalon Square Dinner Menu

*Denotes healthier entrée choice. Meal accompaniments may affect nutritional value.

Monday, July 15	Salad:	Three Bean Salad
	Entrée Choices:	1. Swedish Meatballs, Herb Buttered Noodles, Carrots 2. Patty Melt, Fries, Pickle
	Dessert:	Boston Cream Pie
Tuesday, July 16	Salad:	Dilly Pea Salad
	Entrée Choices:	1. Sirloin Steak 2. Mushroom Pork
	Sides:	Baked Potato, Vegetable Blend
	Dessert:	Mandarin Orange Cake
Wednesday, July 17	Salad:	Marinated Cucumbers
	Entrée Choices:	1. BBQ Ribs w/Macaroni and Cheese 2. Cheese Rollups with Meat Sauce
	Sides:	Steamed Spinach
	Dessert:	Rhubarb Cake
Thursday, July 18	Salad:	Broccoli Sunflower Salad
	Entrée Choices:	1. Pulled Chicken Taco Salad, Tortilla Chips 2. Grilled Ham Steak, Au Gratin Potatoes, Green Beans
	Dessert:	Angel Food Cake with Strawberry Sauce
Friday, July 19	Salad:	Orange Jell-O with Peaches
	Entrée Choices:	1. Baked Tilapia with Lemon Butter Sauce, Sweet Potatoes 2. Chicken Pot Pie
	Sides:	California Vegetables
	Dessert:	Chocolate Cake with Peanut Butter Frosting
Saturday, July 20	Salad:	Tossed Salad
	Entrée Choices:	1. Salisbury Steak 2. Pork with Tomato Cream Sauce
	Sides:	Baked Potato, Asparagus
	Dessert:	Cherry Pie
Sunday, July 21	Salad:	Caesar Salad
	Entrée Choices:	1. Baked Salmon with Artichokes, Wild Rice Blend 2. Meatloaf, with Gravy, Mashed Potatoes
	Sides:	Steamed Cauliflower
	Dessert:	Blonde Brownie

Daily Dessert Alternates:

- Fresh Fruit Cup
- Ice Cream-Vanilla, Chocolate, or Strawberry (Chocolate sauce available upon request.)

Beverage Selection

(Choose 1 hot beverage and 1 cold beverage)

Hot Beverage	Coffee: Regular/Decaf Hot Tea
Cold Beverage	Juice: OJ/Cran/Tomato/Apple/Prune Milk: Skim or 2%