



# Avalon Square Dinner Menu

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

Monday, July 22	Salad:	Strawberry Banana Jell-O
	Entrée Choices:	1. Chicken Cordon Bleu 2. Mushroom Pork Loin
	Sides:	Broiled Potatoes, Vegetable Blend
	Dessert:	Butter Pecan Ice Cream
Tuesday, July 23	Salad:	Cinnamon Applesauce
	Entrée Choices:	1. Turkey Waldorf Salad, Croissant, Mandarin Oranges 2. Corned Beef Dinner w/ Potatoes, Carrots, Cabbage, Onions and Creamy Horseradish Sauce
	Dessert:	Assorted Pie
Wednesday, July 24	Salad:	Tossed Salad
	Entrée Choices:	1. Swiss Steak with Mashed Potatoes 2. Ginger Peach Pork with Sweet Potatoes
	Sides:	Broccoli
	Dessert:	Blueberry Muffin with Streusel Topping
Thursday, July 25	Salad:	Cucumber Tomato Salad
	Entrée Choices:	1. Baked Chicken Thigh, Gravy, Chive Roasted Potatoes 2. Spaghetti & Meat Sauce, Roasted Brussel Sprouts, Garlic Toast
	Dessert:	Frosted Brownie
Friday, July 26	Salad:	Cottage Cheese with Pineapple
	Entrée Choices:	1. Honey Lemon Glazed Salmon 2. Baked Chicken Breast w/Tomato Cream Sauce
	Sides:	Rice Blend, Green Beans
	Dessert:	Strawberry Sundae
Saturday, July 27	Salad:	Creamy Pasta Salad
	Entrée Choices:	1. Beef Taco Salad 2. Open Faced Hot Turkey Sandwich w/Mashed Potatoes
	Sides:	Corn
	Dessert:	No-Bake Oreo Cheesecake
Sunday, July 28	Salad:	Garden Salad
	Entrée Choices:	1. Beef Roast w/Gravy 2. Roast Pork w/Gravy
	Sides:	Mashed Potatoes, Roasted Carrots
	Dessert:	Iced Cinnamon Roll

### 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)

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