



## Avalon Square Lunch Menu

Monday, July 22	Entrée	1. Pastrami Sandwich, Fresh Fruit Cup
	Choices:	2. Breakfast Casserole, Fresh Fruit Cup, Assorted Muffin
	Soup:	Cauliflower Cheese Soup
	Dessert:	Cookies or Ice Cream or Fruit
Tuesday, July 23	Entrée	1. Chicken Chow Mein, White Rice, Asian Blend Vegetable
	Choices:	2. Mediterranean Shrimp Salad, Garlic Toast, Fresh Fruit Cup
	Soup:	Black Bean Soup
	Dessert:	Cookies or Ice Cream or Fruit
Wednesday, July 24	Entrée	1. Chicken Tenders, Sweet Potatoes, Strawberries
	Choices:	2. White Chicken Chili, Corn Muffin, Fresh Fruit Cup
	Soup:	Vegetable Barkey Soup
	Dessert:	Cookies or Ice Cream or Fruit
Thursday, July 25	Entrée	1. Egg Salad Sandwich, Sun Chips, Peaches
	Choices:	2. Italian Sausage & Pepper Sauté, Chive Roasted Potatoes
	Soup	Chicken Noodle Soup
	Dessert:	Cookies or Ice Cream or Fruit
Friday, July 26	Entrée	1. Battered Fish, Baked Potato Wedges, Coleslaw
	Choices:	2. BBQ Pulled Pork Slider, Baked Potato Wedges, Coleslaw
	Soup:	Garden Vegetable Soup
	Dessert:	Cookies or Ice Cream or Fruit
Saturday, July 27	Entrée	1. Brat on a Bun w/ Sauerkraut and Fixings, Watermelon
	Choices:	2. Loaded Baked Potato, Watermelon
	Soup:	Chicken Tortilla Soup
	Dessert:	Cookies or Ice Cream or Fruit
Sunday, July 28	Entrée	1. Turkey Sandwich w/Basil Mayo, Fresh Fruit Cup, Broccoli Sunflower Salad
	Choices:	2. Blueberry Pancakes w/Syrup, Scrambled Eggs, Fresh Fruit Cup
	Soup:	Broccoli Cheese Soup
	Dessert:	Cookies or Ice Cream or Fruit

<b>Sandwich Board – Available as Entrée Choice</b>	<b>Beverage Selection</b> (Choose 1 hot beverage and 1 cold beverage)
Choices: <ul style="list-style-type: none"> <li>• Cheese (American, Swiss, Provolone, or Cheddar)</li> <li>• Ham</li> <li>• Turkey</li> <li>• Peanut Butter and Jelly</li> <li>• Bacon Choice of white, wheat, or marble rye bread.</li> </ul> Served cold (or grilled upon request.) Includes lettuce, tomato, onion, pickle. Served with choice of chips OR Side(s) of the day.	Hot Beverages: <ul style="list-style-type: none"> <li>• Coffee, Decaf</li> <li>• Tea (Black, Green, Decaf)</li> </ul> Cold Beverages: <ul style="list-style-type: none"> <li>• Juice: OJ/Cranberry/Tomato/Apple/Prune</li> <li>• Milk: Skim/2%</li> </ul>