



Avalon Square Lunch Menu

Monday, August 12	Entrée	1. Chicken Caesar Salad, Dinner Roll
	Choices:	2. French Dip Sandwich, Side Caesar Salad
	Soup:	Cauliflower Cheese Soup
	Dessert:	Cookies, Ice Cream, Yogurt, or Fruit
Tuesday, August 13	Entrée	1. Oriental Chicken Salad, Wheat Breadstick
	Choices:	2. Cheese Sausage Strata, California Vegetables, Banana
	Soup:	Clam Chowder Soup
	Dessert:	Cookies, Ice Cream, Yogurt, or Fruit
Wednesday, August 14	Entrée	1. "Little Mon" Grilled Burger with Calypso Sauce
	Choices:	2. Caribbean Fire Braised Chicken Thighs 3. Jamaican Jerk Pork Shoulder
	Sides:	Antigua Confetti Rice, Island Coleslaw, Tropical Fruit Salad, Jamaican Punch Mocktail
	Dessert:	Blow Ya' Mind Rum Cake
Thursday, August 15	Entrée	1. Cottage Cheese Fruit Plate, Assorted Muffin
	Choices:	2. Shredded Turkey Sandwich, Potato Salad, Fruited Jell-O
	Soup	Chicken Dill Soup
	Dessert:	Cookies, Ice Cream, Yogurt, or Fruit
Friday, August 16	Entrée	1. Egg Salad Sandwich, Fresh Fruit Cup, Chips
	Choices:	2. Seafood Salad, Wheat Breadstick
	Soup:	Vegetable Barley Soup
	Dessert:	Cookies, Ice Cream, Yogurt, or Fruit
Saturday, August 17	Entrée	1. Bruschetta Chicken, Brown Rice Pilaf, Lemon Asparagus
	Choices:	2. Beef Chili with Fixings, Corn Muffin
	Soup:	Lentil Soup
	Dessert:	Cookies, Ice Cream, Yogurt, or Fruit
Sunday, August 18	Entrée	1. Chicken Salad Croissant, Fresh Fruit Cup
	Choices:	2. French Toast w/syrup, Grilled Ham Steak, Fresh Fruit Cup
	Soup:	Split Pea with Ham Soup
	Dessert:	Cookies, Ice Cream, Yogurt, or Fruit

Sandwich Board – Available as Entrée Choice	Beverage Selection (Choose 1 hot beverage and 1 cold beverage)
Choices: <ul style="list-style-type: none"> • Cheese (American, Swiss, Provolone, or Cheddar) • Ham • Turkey • Peanut Butter (Jelly optional) • Bacon Choice of white, wheat, or marble rye bread. 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"> • Coffee, Decaf • Tea (Black, Green, Decaf) Cold Beverages: <ul style="list-style-type: none"> • Juice: OJ/Cranberry/Tomato/Apple/Prune • Milk: 2%