

# AVALON SQUARE ARBOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
August 12	August 13	August 14	August 15	August 16	August 17	August 18
<b>BREAKFAST SPECIALS</b>						
Oatmeal Scrambled Eggs w/ Sliced Ham, Toast, Fruit	Oatmeal Hard Boiled Eggs, Yogurt w/ Granola, Cinnamon Swirl Toast, Fruit	Oatmeal Scrambled Eggs, Sausage Patty, Buttermilk Biscuit, Fruit	Oatmeal Pancake w/ Syrup, Bacon, Fruit	Oatmeal Fried Egg, Smoked Sausage, Toast, Fruit	Oatmeal Waffle w/ Syrup, Sliced Baked Ham, Fruit	Oatmeal Cheese Omelet, Hashbrowns, Bacon, Toast, Fruit
<b>LUNCH</b>						
<b>SOUP DU JOUR</b>						
Cauliflower Cheese	Clam Chowder	Special Menu Today	Chicken Dill	Vegetable Barley	Lentil	Spilt Pea & Ham
<b>ENTRÉE CHOICES</b>						
Chicken Caesar Salad Dinner Roll	Oriental Chicken Salad Wheat Breadstick	Burger w/ Calypso Sauce Caribbean Chicken Thighs Jamaican Pork Sliders Served w/ Confetti Rice Island Coleslaw Tropical Fruit Salad Rum Cake	Cottage Cheese Fruit Plate Assorted Muffin	Egg Salad Sandwich Fresh Fruit Cup Chips	Bruschetta Chicken Brown Rice Pilaf Lemon Asparagus	Chicken Salad Croissant Fresh Fruit Cup
French Dip Sandwich Side Caesar Salad	Cheese Sausage Strata California Vegetables Banana		Shredded Turkey Sandwich Potato Salad Fruited Jell-O	Seafood Salad Wheat Breadstick	Beef Chili w/ Fixings Corn Muffin	French Toast, Syrup Grilled Ham Steak Fresh Fruit Cup
<b>DESSERT OPTIONS</b>						
Chef's Choice Cookies, Ice Cream, or Fruit						
<b>DINNER</b>						
<b>SALAD OF THE DAY</b>						
Mandarin Orange Jell-O	Cinnamon Pears	Peach Slices	Pasta Salad	Creamy Coleslaw	Vinegar Marinated Cucumbers	Garden Salad
<b>ENTRÉE CHOICES</b>						
Citrus Glazed Chicken Chive Roasted Potatoes Carrots	Salmon Cakes Dijon Dill Sauce Mashed Cauliflower Peas & Peppers	Pork Lyonnaise Baby Bakers Sauteed Summer Squash	Ginger Peach Pork Baked Sweet Potato Vegetable Medley	Chicken Pesto Penne Pasta Roasted Zucchini & Tomato	Herb Crusted Fish White Rice Pilaf Corn	Beef Lasagna Italian Vegetables
Marsala Pork Chive Roasted Potatoes Carrots	Beef Stroganoff w/ Mashed Cauliflower Peas & Peppers	Baked Samon w/ Dill Butter Baby Bakers Sauteed Summer Squash	Spaghetti & Meatballs Vegetable Medley	Beef Pepper Steak Mashed Potatoes Roasted Zucchini & Tomatoes	Chicken Kiev White Rice Pilaf Corn	Turkey Roast Gravy Mashed Potatoes Italian Vegetables
<b>DESSERT OF THE DAY</b>						
Apple Crisp	Peach Pie	Deluxe Peanut Butter Cake	Banana Chocolate Bread Pudding	Coconut Cream Pie	Jell-O Poke Cake	Strawberry Rhubarb Pie