



Avalon Square Dinner Menu

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

Monday, August 12	Starter:	Mandarin Orange Jello Salad or Cauliflower Cheese Soup
	Entrée Choices:	1. Citrus Glazed Chicken 2. Marsala Pork
	Sides:	Chive Roasted Potatoes, Carrots
	Dessert:	Apple Crisp
Tuesday, August 13	Starter:	Cinnamon Pears or Clam Chowder
	Entrée Choices:	1. Salmon Cakes 2. Beef Stroganoff
	Sides:	Mashed Cauliflower, Peas & Peppers
	Dessert:	Deluxe Peanut Butter Cake
Wednesday, August 14	Starter:	Peach Slices or Navy Bean with Bacon Soup
	Entrée Choices:	1. Pork Lyonnaise 2. Baked Salmon with Dill
	Sides:	Baby Bakers, Sauteed Summer Squash
	Dessert:	Butter Pecan Ice Cream
Thursday, August 15	Starter:	Pasta Salad or Chicken Dill Soup
	Entrée Choices:	1. Ginger Peach Pork, Baked Sweet Potato 2. Spaghetti & Meatballs
	Sides:	Vegetable Medley, Fresh Baked Bread
	Dessert:	Banana Chocolate Bread Pudding
Friday, August 16	Starter:	Creamy Coleslaw or Vegetable Barley Soup
	Entrée Choices:	1. Chicken Pesto, Penne Pasta 2. Beef Pepper Steak, Mashed Potatoes
	Sides:	Roasted Zucchini & Tomato
	Dessert:	Coconut Cream Pie
Saturday, August 17	Starter:	Vinegar Marinated Cucumbers or Lentil Soup
	Entrée Choices:	1. Herb Crusted Fish 2. Chicken Kiev
	Sides:	White Rice Pilaf, Corn
	Dessert:	Jello Poke Cake
Sunday, August 18	Starter:	Garden Salad or Split Pea with Ham Soup
	Entrée Choices:	1. Lasagna 2. Roast Turkey w/gravy, Mashed Potatoes
	Sides:	Italian Vegetables
	Dessert:	Strawberry Rhubarb Pie

Daily Dessert Alternates:

- Ice Cream-Vanilla, Chocolate, or Strawberry
- Yogurt
- Fruit

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: 2%