



# AVALON SQUARE – ARBOR MENU

MONDAY, SEPT 30	TUESDAY, OCT 1	WEDNESDAY, OCT 2	THURSDAY, OCT 3	FRIDAY, OCT 4	SATURDAY, OCT 5	SUNDAY, OCT 6
<b>BREAKFAST SPECIALS</b>						
Oatmeal, Scrambled Eggs, & Sliced Ham	Oatmeal, French Toast w/Syrup & Sausage	Oatmeal, Cheese Omelet & Toast	Oatmeal, Fried Egg & Cheese Sandwich	Oatmeal, Ham & Cheese Omelet, Hashbrowns, & Toast	Oatmeal, Hardboiled Eggs, Yogurt w/Granola, Raisin Toast	Oatmeal, Cheesy Scrambled Eggs, Bacon & Toast
<b>SOUP DU JOUR – SERVED W/ LUNCH</b>						
Corn Chowder	Chicken Gumbo	Roasted Red Pepper & Tomato	Chicken Wild Rice	Garden Vegetable	Clam Chowder	Cream of Broccoli
<b>LUNCH ENTRÉE CHOICES</b>						
Shrimp Scampi Rotini Pasta Tomato Salad	Tuna Casserole Broccoli Fruit Cup	Chicken & Dumplings Diced Beets	Sloppy Joe on a Bun Pickles Fruit Cup	Chicken Alfredo Italian Vegetables	Chef Salad Wheat Breadstick	Cranberry Chicken Salad Sandwich Fruit Cup
Corned Beef & Swiss on Rye Tomato Salad	Turkey Waldorf Salad Mini Croissant Fruit Cup	Bratwurst & Sauerkraut Diced Beets	Ham, Egg and Cheese on a Croissant Fruit Cup	Cottage Cheese & Fruit Plate Muffin	Baked Fish Sandwich Coleslaw Fruit Cup	Cheese Omelet Yogurt Parfait Sausage Links
<b>LUNCH DESSERT OPTIONS: Chef's Choice Cookies, Ice Cream, or Fruit</b>						
<b>SALAD OF THE DAY – SERVED W/ DINNER</b>						
Ambrosia Salad	Pear Slices	Fruited Jell-O	Pasta Salad	Coleslaw	Cherry Applesauce	Tossed Salad
<b>DINNER ENTRÉE CHOICES &amp; DESSERT OF THE DAY</b>						
Sesame Pork Tenderloin White Rice Asparagus	Ginger Chicken Thigh Mashed Potatoes Diced Carrots	Sirloin Steak Baked Potato Vegetable Medley	Asian Salmon Herb Buttered Noodles Vegetable Medley	Cornflake Crusted Cod Tartar/Lemon Rosemary Potatoes Winter Squash	Pork Ragu Pasta Parslied Cauliflower	Pork Chop & Gravy Mashed Potatoes Corn
Dijon Dill Salmon White Rice Asparagus	Meatloaf & Gravy Mashed Potatoes Diced Carrots	Chicken Pesto Baked Potato Vegetable Medley	Swedish Meatballs Herb Buttered Noodles Vegetable Medley	Herb Baked Chicken Rosemary Potatoes Winter Squash	Beef Stew Buttermilk Biscuit	Beef Roast & Gravy Mashed Potatoes Corn
Frosted Brownie	Iced Cinnamon Roll	Vanilla Sundae w/ Chocolate Sauce, Whipped Cream & Cherry	Peach Pie	Caramel Bread Pudding	Chocolate Cake w/Peanut Butter Frosting	Grasshopper Dessert