



Avalon Square Dinner Menu

Monday, September 30	Starter:	Ambrosia Salad or Corn Chowder Soup
	Entrée Choices:	1. Sesame Pork Tenderloin 2. Dijon Dill Salmon
	Sides:	White Rice, Asparagus
	Dessert:	Frosted Brownie
Tuesday, October 1	Starter:	Pear Slices or Chicken Gumbo Soup
	Entrée Choices:	1. Ginger Chicken Thigh 2. Meatloaf w/ Gravy
	Sides:	Mashed Potatoes, Diced Carrots
	Dessert:	Iced Cinnamon Roll
Wednesday, October 2	Starter:	Fruited Jell-O or Roasted Red Pepper & Tomato Soup
	Entrée Choices:	1. Sirloin Steak 2. Chicken Pesto
	Sides:	Baked Potato, Vegetable Medley
	Dessert:	Vanilla Sundae w/ Chocolate Sauce, Whipped Cream, Cherry
Thursday, October 3	Starter:	Pasta Salad or Chicken Wild Rice Soup
	Entrée Choices:	1. Asian Salmon 2. Swedish Meatballs
	Sides:	Herbed Buttered Noodles, Vegetable Medley
	Dessert:	Peach Pie
Friday, October 4	Starter:	Coleslaw or Garden Vegetable Soup
	Entrée Choices:	1. Cornflake Crusted Cod w/ Tartar and Lemon 2. Herb Baked Chicken
	Sides:	Rosemary Potatoes, Winter Squash
	Dessert:	Caramel Bread Pudding
Saturday, October 5	Starter:	Cherry Applesauce or Clam Chowder Soup
	Entrée Choices:	1. Pork Ragu w/ Pasta, Parslied Cauliflower 2. Beef Stew w/ Buttermilk Biscuit
	Dessert:	Chocolate Cake w/ Peanut Butter Frosting
Sunday, October 6	Starter:	Tossed Salad or Cream of Broccoli Soup
	Entrée Choices:	1. Pork Chop & Gravy 2. Beef Roast & Gravy
	Sides:	Mashed Potatoes, Corn
	Dessert:	Grasshopper Dessert

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%