# Avalon Square
# Lunch Menu

| Monday,<br>September 30 | Entrée<br>Choices: | 1. Shrimp Scampi, Rotini Pasta, Tomato Salad |
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| | | 2. Corned Beef & Swiss on Rye, Tomato Salad |
| | Soup: | Corn Chowder Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |
| Tuesday,<br>October 1 | Entrée<br>Choices: | 1. Tuna Casserole, Broccoli, Fruit Cup |
| | | 2. Turkey Waldorf Salad, Mini Croissant, Fruit Cup |
| | Soup: | Chicken Gumbo Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |
| Wednesday,<br>October 2 | Entrée<br>Choices: | 1. Chicken & Dumplings, Diced Beets |
| | | 2. Bratwurst & Sauerkraut, Diced Beets |
| | Soup: | Roasted Red Pepper & Tomato Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |
| Thursday,<br>October 3 | Entrée<br>Choices: | 1. Sloppy Joe on a Bun, Pickle, Fruit Cup |
| | | 2. Ham, Egg, & Cheese on a Croissant, Fruit Cup |
| | Soup | Chicken Wild Rice Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |
| Friday,<br>October 4 | Entrée<br>Choices: | 1. Chicken Alfredo, Italian Vegetables |
| | | 2. Cottage Cheese & Fruit Plate, Assorted Muffin |
| | Soup: | Garden Vegetable Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |
| Saturday,<br>October 5 | Entrée<br>Choices: | 1. Chef Salad, Wheat Breadstick |
| | | 2. Baked Fish Sandwich, Coleslaw, Fruit Cup |
| | Soup: | Clam Chowder Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |
| Sunday,<br>October 6 | Entrée<br>Choices: | 1. Cranberry Chicken Salad Sandwich, Fruit Cup |
| | | 2. Cheese Omelet, Yogurt Parfait, Sausage Links |
| | Soup: | Cream of Broccoli Soup |
| | Dessert: | Cookies, Ice Cream, Yogurt, or Fruit |

| Sandwich Board – Available as Entrée Choice | Beverage Selection<br>(Choose 1 hot beverage and 1 cold beverage) |
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| Choices:<br>• Cheese (American, Swiss, Provolone, or Cheddar)<br>• Ham<br>• Turkey<br>• Peanut Butter (Jelly optional)<br>• Bacon<br>Choice of white, wheat, or marble rye bread.<br>Served cold (or grilled upon request.)<br>Includes lettuce, tomato, onion, pickle.<br>Served with choice of chips OR Side(s) of the day. | Hot Beverages:<br>• Coffee, Decaf<br>• Tea (Black, Green, Decaf)<br>Cold Beverages:<br>• Juice: OJ/Cranberry/Tomato/Apple/Prune<br>• Milk: 2% |