



Avalon Square Dinner Menu

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

Sunday May 12	Salad:	Garden Salad
	Entrée	1. Cherry Glazed Baked Ham
	Choices:	2. *Lemon Pepper Baked Tilapia
	Sides:	Long Grain Brown Rice, Oven Roasted Brussel Sprouts, Dinner Roll
	Dessert:	Pound Cake with Strawberries and Whipped Creme
Monday May 13	Salad:	Raspberry Applesauce
	Entrée	1. *Breaded Chicken Cutlet
	Choices:	2. Meatballs Marinara
	Sides:	Angel Hair Pasta w/garlic butter, Green Beans w/toasted walnuts, Garlic Bread
	Dessert:	Assorted Fruit Pie
Tuesday May 14	Salad:	Fruit Cocktail Jello
	Entrée	1. Grilled Pork Chop w/Sliced Peaches and Rum Glaze
	Choices:	2. *Honey Lime Flounder
	Sides:	Wild Rice, 4-way Mixed Veggies, Dinner Roll
	Dessert:	Cherry Cake with Buttercream Frosting
Wednesday May 15	Salad:	Tossed Salad
	Entrée	1. *New England Pot Roast
	Choices:	2. *Chicken Cordon Bleu with bechamel sauce
	Sides:	Mashed Potatoes, Whole Kernel Corn, Bread Basket
	Dessert:	Strawberry Sundae with Whipped Crème & A Cherry
Thursday May 16	Salad:	Creamy Cucumber Salad
	Entrée	1. Hot Roast Beef & Cheddar on a Roll
	Choices:	2. BBQ Drumsticks
	Sides:	Ranch Cut Potatoes, Steamed Broccoli, Breadstick
	Dessert:	Vanilla Cheesecake w/Raspberry Topping
Friday May 17	Salad:	KFC Slaw
	Entrée	1. *Smoked Sweet Paprika Baked Cod w/lemon & tartar
	Choices:	2. Sliced Turkey w/cranberry orange glaze
	Sides:	Baked Potato w/sour cream, Baby carrots w/butter, Marble Rye
	Dessert:	Ice Cream Novelty
Saturday May 18	Salad:	3 Bean Salad
	Entrée	1. Slow Roasted Pork Carnita
	Choices:	2. *Honey Garlic Shrimp
	Sides:	Lemon Parsley Rice, Blend Veggies, Dinner Roll
	Dessert:	Iced Cinnamon Roll

Daily Dessert Alternates:

- Fresh Fruit Cup
- Ice Cream-Vanilla, Chocolate, or Strawberry (Chocolate sauce available upon request.)

Beverage Selection

(Choose 1 hot beverage and 1 cold beverage)

Hot Bev	Coffee: Regular/Decaf /Hot Tea
Cold Beverage	Juice: OJ/Cran/Tomato/Apple/Prune Milk: Skim or 2%