



Avalon Square Dinner Menu

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

Sunday January 29th	Salad:	3 Bean Salad
	Entrée	1.Hungarian Goulash
	Choices:	2.*Baked Turkey Meatloaf topped w/
	Sides:	Mashed Pots w/gravy, Mixed Vegetables, Dinner Roll
	Dessert:	Angel Food Cake w/strawberries & whipped cream
Monday January 30th	Salad:	Cherry Applesauce
	Entrée	1.Homemade Lasagna
	Choices:	2.*Charbroiled Lemon Garlic Chicken Breast
	Sides:	Angel Hair Pasta w/garlic butter, Green beans w/almonds, Garlic Breadstick
	Dessert	Snickerdoodle Sheet Cake
Tuesday January 31st	Salad	Fruit Cocktail Jello
	Entrée	1. Grilled rum glazed pork steak
	Choices:	2. *Baked Tilapia w/peach salsa
	Sides:	Orzo Pilaf, Acorn Squash, Wheat Bread
	Dessert:	Butter Pecan Ice Cream
Wednesday February 1st	Salad:	Fresh Spinach Salad w/hot bacon dressing
	Entrée	1. *New England Pot Roast
	Choices:	2. Grecian Style Chicken Drumstick
	Sides:	Braised Red Cabbage, Parsley Buttered Potatoes, Italian Bread
	Dessert:	Assorted Fruit Pie
Thursday February 2nd	Salad:	Peaches
	Entrée	1.Chopped Steak w/mushrooms, onions & green pepper
	Choices:	2.*Chicken Breast Stroganoff
	Sides:	Bake Potato w/sour cream, Steamed Broccoli, Parmesan Breadstick
	Dessert:	Vanilla Cheesecake w/cherry topping
Friday February 3rd	Salad:	KFC Slaw
	Entrée	1. *Smoked paprika baked Cod w/lemon & tartar
	Choices:	2. Baked Pork Chop topped w/tomato & bacon
	Sides:	Garlic Butter & Parsley Pasta Nest, Chefs blend veggies, Fresh Baked Rye Bread
	Dessert:	Grasshopper Ice Cream w/chocolate sauce
Saturday February 4th	Salad:	Fruited Lime Gelatin
	Entrée	1. BBQ Pork Shoulder
	Choices:	2. *Shrimp Scampi
	Sides:	Rice Pilaf, Whole Green Beans, Homemade white bread
	Dessert:	Lemon Streusel Bar

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%