



Avalon Square Lunch Menu

Sunday, January 29 th	Entrée Choices:	1. Spaghetti & Meat Sauce Casserole w/Italian Bread 2. Hard Salami, Provolone Sub w/shredded lettuce, tomato & italian dressing, Kettle Chips, Pickle Spear
	Soup:	Cabbage Roll Soup
	Dessert:	Cookies or Ice Cream
Monday, January 30 th	Entrée Choices:	1. Grilled Rachel Turkey Sandwich, German Potato Salad 2. Breaded Chicken Tenders w/dipping sauce, German Potato Salad
	Soup:	Turkey Noodle Soup
	Dessert:	Cookies or Ice Cream
Tuesday, January 31 st	Entrée Choices:	1. Ground Chuck Steak w/mashed potatoes & gravy, Honey Dill Glazed Carrots 2. Southern Style Baked Beans & Franks w/corn muffin & peaches
	Soup:	Beef Vegetable Soup
	Dessert:	Cookies or Ice Cream
Wednesday February 1 st	Entrée Choices:	1. *Mushroom, bacon & swiss frittata w/fresh pineapple 2. Bunless Bratwurst Burger on lettuce, topped w/carmelized onion, Asian Pasta Salad
	Soup:	Avalon Chili
	Dessert:	Cookies or Ice Cream
Thursday, February 2 nd	Entrée Choices:	1. Cheesy Crack Chicken Casserole, french bread, Fruit Cup 2. *Traditional Gyro Sandwich w/cucumber sauce, Fruit Cup
	Soup:	Cream of Mushroom Soup
	Dessert:	Cookies or Ice Cream
Friday, February 3 rd	Entrée Choices:	1. Grilled Hot Dog on Bun w/onion & relish, waffle fries, applesauce 2. Popcorn Shrimp w/cocktail sauce, Waffle Fries, Applesauce
	Soup:	Bavarian Lentil
	Dessert:	Cookies or Ice Cream
Saturday February 4 th	Entrée Choices:	1. *Denver Quiche w/muffin & tropical fruit 2. Cheesy Taco Skillet w/tropical fruit
	Soup:	Beef Noodle Soup
	Dessert:	Cookies or Ice Cream

Everyday Options:

Featured Soup	Chicken Rice Soup
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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: Skim/2%

Sandwich Board – Available as Entrée Choice	
<ul style="list-style-type: none"> • Choice of white, wheat, or marble rye bread. • Served cold (or grilled upon request.) • Includes lettuce, tomato, onion, pickle. • Served with choice of chips OR Side(s) of the day. 	Choices: <ul style="list-style-type: none"> • Cheese (American, Swiss, Provolone, or Cheddar) • Ham • Turkey • Peanut Butter and Jelly • Bacon

Daily Dessert Alternatives:
Fresh Fruit Cup