



Avalon Square Dinner Menu

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

Sunday, February 5	Salad:	Tossed Salad
	Entrée Choices:	1. Parmesan Pesto Baked Haddock w/Parsley Buttered Red Potatoes, Steamed Broccoli, Dinner roll 2. Mushroom Swiss Burger w/ Onion Rings & Pickle Spear
	Sides:	n/a
	Dessert:	Hot Fudge Sundae w/ Cherries and Whipped Topping
Monday, February 6	Salad:	Peach Slices
	Entrée Choices:	1. Orange Marmalade Baked Salmon 2. BBQ Riblet Sandwich
	Sides:	Oven Roasted Potatoes, Chefs Blend Vegetable, Fresh Baked Bread
	Dessert:	Cherry Pie
Tuesday February 7	Salad	Tomato Cucumber Salad
	Entrée Choices:	1. Beef Stroganoff 2. Lemon Pepper Tilapia
	Sides:	Parsley Buttered Noodles, Oven Roasted Brussel Sprouts, Dinner Roll
	Dessert:	Pumpkin Crunch Cake
Wednesday, February 8	Salad:	Lime Jello w/Pears
	Entrée Choices:	1. Honey BBQ Chicken Leg Quarter 2. Hungarian Swiss Steak
	Sides:	Baked Potato w/sour cream, Buttered Corn, Italian Bread
	Dessert:	7 Layer Bar
Thursday, February 9	Salad:	Pineapple Cottage Cheese Salad
	Entrée Choices:	1. Italian Baked Chicken Breast 2. Sweet & Sour Glazed Pork Chop
	Sides:	Homemade Stuffing, Winter Blend Vegetables, Dinner Roll
	Dessert:	Spice Cake with Cream Cheese Frosting
Friday, February 10	Salad:	Cherry Applesauce
	Entrée Choices:	1. Breaded Butterfly Shrimp w/ Cocktail Sauce and Steak Fries 2. Chicken Pot Pie with Fruit Cup
	Sides:	Steamed Chef Blend Vegetable, Fresh Baked Rye Bread
	Dessert:	Blueberry Pie
Saturday, February 11	Salad:	Tossed Salad w/gorgonzola cheese
	Entrée Choices:	1. Oven Roasted Carved Turkey Breast w/gravy & cranberry sauce 2. Salisbury Steak w/mushrooms, onions & gravy
	Sides:	Sour Cream Mashed Potatoes, Capri Blend Vegetable Fresh Baked Bread
	Dessert:	Banana Cake w/Whipped Topping

Daily Dessert Alternates:

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

Beverage Selection

(Choose 1 hot and 1 cold beverage)

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