



Avalon Square - Commons Dinner Menu

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

New menu items in **red** print

Sunday, May 2	Entrée	1. Oven Roasted Turkey in alfredo sauce
	Choices:	2. *Italian Beef Pot Roast
	Sides:	mashed potatoes w/gravy, roasted rutabagas, spring green salad, dinner roll
	Dessert:	Banana Pie in a Cup
Monday, May 3	Salad:	Orange Jell-O Salad
	Entrée	1. Sweet & Sour Roast Pork Shoulder
	Choices:	2. *Maryland Crab Cakes w/Remoulade Sauce
	Sides:	Garlic Butter Angel Hair Pasta , Peas & Carrots, Cornbread Muffin
Tuesday, May 4	Dessert	Brownie Smores Ice Cream
	Salad	Oriental Slaw
	Entrée	1. Roast Duck Ala Orange
	Choices:	2. *Beef Stir Fry
Wednesday, May 5	Sides:	Rice Pilaf , Summer Blend Vegetable, Roll
	Dessert:	Apple Pie Delight
	Salad:	Peach Slices
	Entrée	1. Mock Chicken Legs
Thursday, May 6	Choices:	2. *Swiss Steak w/ mushroom brandy hunter sauce
	Sides:	Mashed Potatoes w/Gravy, Broccoli & Cauliflower, Peach Slices, Wheat Bread
	Dessert:	Strawberry Rhubarb Pie
	Salad:	Garden Salad
Friday, May 7	Entrée	1. Roast Chicken Thigh w/Country Gravy
	Choices:	2. *Onion Baked Haddock
	Sides:	Baked Sweet Potato, green bean casserole, fresh baked bread
	Dessert:	Butter Pecan Ice Cream
Saturday, May 8	Salad:	Applesauce
	Entrée	1. Breaded Coconut Butterfly Shrimp w/Cocktail Sauce & Lemon
	Choices:	2. *California Cheeseburger on seeded bun w/1,000 Island Dressing
	Sides:	Onion Rings, KFC Coleslaw, Bread Basket
Saturday, May 8	Dessert:	Key Lime Cheesecake Cup
	Salad:	Waldorf Salad
	Entrée	1. Beef Pepper Steak
	Choices:	2. *Asian Glazed Grilled Salmon
Saturday, May 8	Sides:	Wild Rice, Grilled Yellow Squash, French Bread
	Dessert:	Honey Bun Cake

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