



Avalon Square Commons Dinner Menu

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

New menu items in **red** print

Sunday, May 9	Salad:	Tossed Salad
	Entrée	1. Hardwood Smoked Pit Ham w/Cherry Glaze
	Choices:	2. *Chicken Parmesan
	Sides:	Rice Pilaf, Broccoli w/Butter, Dinner Roll
	Dessert:	Lady Finger Eclair Torte
Monday, May 10	Salad:	Fruited Gelatin Salad
	Entrée	1. *Beef Stroganoff & Mushrooms w/egg noodles
	Choices:	2. Four Cheese Stuffed Shells Marinara
	Sides:	Chef's Blend Vegetable, Fresh Baked Bread
	Dessert:	Banana Strawberry Pudding Cup
Tuesday, May 11	Salad:	Ambrosia Salad
	Entrée	1. *Shrimp Scampi
	Choices:	2. Honey BBQ Chicken Thigh
	Sides:	Angel Hair Pasta w/Garlic Butter & Whole Green Bean Almondine & Parmesan Bread Stick
	Dessert:	Mint Chocolate Brownie
Wednesday, May 12	Salad:	Garden Salad
	Entrée	1. Salisbury Steak Meatballs w/Gravy
	Choices:	2. *Old Bay Baked Tilapia
	Sides:	Au Gratin Potatoes, Parmesan Tomato, Fresh Baked Rye
	Dessert:	Hot Fudge Sundae w/ whipped cream and cherry
Thursday, May 13	Salad:	German Cucumber Salad
	Entrée	1. *Roast Pork w/Burgundy Glaze
	Choices:	2. Meatloaf w/Gravy
	Sides:	Sour Cream Mashed Potato, Chef's Blend Vegetable, Roll
	Dessert:	Heavenly Chocolate Cake
Friday, May 14	Salad:	Quinoa Broccoli Slaw
	Entrée	1. Panko Breaded Ranch Baked Haddock
	Choices:	2. *Bone-in Chicken Breast w/ red raspberry glaze & bell peppers
	Sides:	Baked Potato, Grilled Zucchini & Yellow Squash, Bread Basket
	Dessert:	Bread Pudding w/Caramel Bourbon Sauce
Saturday, May 15	Salad:	Lime Jell-O w/Pears
	Entrée	1. *Yankee Pot Roast w/Vegetable Gravy
	Choices:	2. Kielbasa w/Sauerkraut
	Sides:	Oven Browned Potato, Scandinavian Vegetables, Fresh Baked White Bread
	Dessert:	Rhubarb 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%