

The *Avalon*  
At Bridgewater

# July 2024 Menu Selections



	<i>MONDAY, July 1</i>	<i>TUESDAY, July 2</i>	<i>WEDNESDAY, July 3</i>	<i>THURSDAY, July 4</i>	<i>FRIDAY, July 5</i>	<i>SATURDAY, July 6</i>
	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Buttermilk Pancakes  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Breakfast Sandwich  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Belgian Waffles  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Blueberry Muffin  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Donuts  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese
						<b>LUNCH</b>
	Tuscan Bread  Broccoli and Cheddar Cheese Quiche with Fresh Fruit Salad on the Side OR Muffaletta Sandwich with Potato Chips and Pickles  Boston Cream Pie	Cream of Broccoli  Eggplant Parmesan Serve Over Spaghetti with Garlic Bread OR Roast beef Sandwich on Kaiser Roll w/Horseradish Mayo/Potato Salad and Pickles Ice Cream Bar	Manhattan Chowder  Veggie Burger on Bun with Lettuce/Tomato/Potato Fries and Pickles OR Mango Thai Salad with Chicken/Edamame/Noodles Cilantro and Peanuts  Fresh Watermelon	Potato Leek  Hotdog Cheeseburger  Italian Pasta Salad Corn on the Cob Coleslaw and Pickles  Banana Parfait	Beef Barley  Chicken Tenders with Honey Mustard and Potato Fries and Pickles OR Lobster, Tarragon Salad Over Garden greens with Your Choice of Dressing  Pound cake Ala Mode	Hearty Potato  Fish Filet Sandwich with Tartar Sauce/Corn Niblets and Coleslaw OR Homemade Egg Salad Platter Crackers on the Side  Orange Sheet Cake
						<b>DINNER</b>
	Alphabet Buffalo Wings w/Celery and Carrot Sticks OR Sweet and Sour Pork <b>Side Dishes:</b> Steamed Basmati Brown Rice Broccoli Florets Glazed Carrots Homemade Ambrosia	Chicken Noodle  Chicken Francaise OR Honey Orange Salmon <b>Side Dishes:</b> Rice Pilaf Steamed Asparagus Tartar Sauce/Lemon Wedge NAS Chocolate Pudding	Butternut Squash  Spaghetti and Meatballs OR Stuffed Filet of Sole <b>Side Dishes:</b> Roast Potatoes Sautéed Spinach Tartar Sauce/Lemon Wedge Cheesecake	Minestrone  Pork Florentine OR Linguini on Red Clam Sauce <b>Side Dishes:</b> Candied Yams Succotash Green Beans Carrot Cake	Carrot Dill  Turkey Meatloaf w/Gravy OR Baked Flounder <b>Side Dishes:</b> Mashed Potatoes Peppers and Onions Seasoned Zucchini Mango Sorbet	Turkey and Orzo  Yankee Pot Roast OR Lasagna Rollettes <b>Side Dishes:</b> Au gratin Potatoes Garden Peas Glazed Carrots Snickerdoodles Cookies

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<i>SUNDAY, July 7</i>	<i>MONDAY, July 8</i>	<i>TUESDAY, July 9</i>	<i>WEDNESDAY, July 10</i>	<i>THURSDAY, July 11</i>	<i>FRIDAY, July 12</i>	<i>SATURDAY, July 13</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Cinnamon Roll	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Blueberry Pancakes	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Pork Roll French Toast	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Breakfast Sandwich	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Belgian Waffles	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Pork Roll Banana Nut Muffin	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast
Fresh Fruit/Stewed Prunes Choice of Toast	Fresh Fruit/Stewed Prunes Choice of Toast	Fresh Fruit/Stewed Prunes Choice of Toast	Fresh Fruit/Stewed Prunes Choice of Toast	Fresh Fruit/Stewed Prunes Choice of Toast	Fresh Fruit/Stewed Prunes Choice of Toast	Fresh Fruit/Stewed Prunes Choice of Toast
Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Turkey Noodle	New England Chowder	Potato and Corn Chowder	Pasta Fagioli	Lentil	Chicken Noodle
Grilled Chicken Panini w/Sundried Tomato Orzo Salad and Pickles OR Caesar Salad with Shrimp Hardboiled Eggs/CROUTONS and Parmesan Cheese	Ham and Cheese Biscuit Melt with Sweet Potato Fries and Coleslaw OR Pesto Vegetable Wrap with Potato Chips /Coleslaw and Pickles	Loaded Stuffed Potato w/Bacon and Cheese Sauce Tossed Salad on the Side OR Strawberry Chicken Salad w/ Fresh Basil and Toasted Almonds	Cheese Raviolis w/Marinara Sauce/Parmesan Cheese and Garlic Bread OR Turkey Club Sandwich w/ Homemade Celery , Apple Salad and Pickles	Pork Riblet on Roll with Onion Rings and Homemade Cucumber Salad OR Taco Salad w/Ground Beef Salsa/Sour Cream and Guacamole	Macaroni and Cheese with Glazed Carrots and Steamed Peas OR B.L.T. Sandwich on Sourdough Bread w/White Bean Salad and Potato Chips	Crispy Chicken Ranch Sandwich w/Carrot, Raisin Salad and Pickles OR Smoked Salmon w/Hardboiled Eggs/Capers/Red Onions Choice of Dressing
Cannolis	SF Fruited Jell-O	Red Velvet Cake	Macadamia Nut Cookies	Fruit of the Forest Pie	Assorted Dessert Tray	Ice Cream Cone
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean and Spinach	Mushroom Barley	Chicken Broth and Noodles	Beef Barley	Seafood Bisque	Tomato and Basil	Minestrone
Stuffed Peppers OR Sole Almandine	Pasta Bolognese OR Broiled Haddock	BBQ Spare Ribs OR Ditalini w/ham and Peas	Meatloaf with Gravy OR Filet of Tilapia	Chicken Teriyaki OR Cheese Pizza w/Tossed Salad	Smoked Ham OR Lemon Broiled Cod	Stuffed Cabbage OR Creamy Carbonara Pasta
<i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Hawaiian Roll Sliced Peaches	<i>Side Dishes:</i> Roasted Potatoes Sautéed Zucchini Breadsticks Banana Split	<i>Side Dishes:</i> Baked Sweet Potato Green Beans Coleslaw Chilled Pears	<i>Side Dishes:</i> Mashed Potatoes Seasoned Broccolini Corn Niblets Tapioca Pudding	<i>Side Dishes:</i> Steamed White Rice Stir Fry Vegetables Egg Roll Apricot in Syrup	<i>Side Dishes:</i> Mashed Potatoes Succotash Sliced Fresh Apples Rice Pudding	<i>Side Dishes:</i> Brown Rice Seasoned Vegetables Garlic Bread Chocolate Cake

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SUNDAY, July 14	MONDAY, July 15	TUESDAY, July 16	WEDNESDAY, July 17	THURSDAY, July 18	FRIDAY, July 19	SATURDAY, July 20
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Cinnamon Roll	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Buttermilk Pancakes	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Breakfast Sandwich	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Belgian Waffles	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Donuts	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast
Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
New England Chowder	Sausage, Cabbage and Potato	Manhattan Clam Chowder	Chicken Barley	Broccoli and Cheese	Hearty Vegetable	Chicken broth w/Noodles
Pierogies with Caramelized Onions/Sour Cream and Mixed Vegetables OR Chicken Salad on Pita Bread with Potato Chips and Pickles	Pork Roll, Egg and Cheese on Bun with Country Style Home Fries OR Popcorn Shrimp Over Fresh Garden Salad with Choice of Dressing	Quiche Lorraine with Fresh Fruit Salad on the Side and Crackers OR Italian Sub Sandwich on Roll Homemade Macaroni Salad and Pickles	Grilled Chicken and Portabella Mushroom Over Pasta Parmesan Cheese/Garlic Bread OR Homemade Egg Salad on Croissant w/Beet Salad and Potato hips	Sloppy Joe on Kaiser Roll w/Homemade Potato Salad and Pickles OR Antipasto Salad w/Salami Ham/Olives/Roasted Peppers and Fresh Mozzarella Cheese Éclairs	Turkey Burger w/Bacon Avocado / Sweet Potato Fries and Coleslaw OR Fresh Fruits and Cottage Cheese with Crackers on the Side	Hot Dog on a Bun with Sauerkraut/Baked Beans and Coleslaw OR Seafood Salad Platter Over Garden Greens with Dinner Roll
NAS Vanilla Pudding	Peanut Butter Cookies	Cupcakes	Sliced Pears	Assorted Dessert Tray	Assorted Dessert Tray	Pecan Pie
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Corn Chowder Roast Pork with Gravy OR Crab Cakes w/Tartar Sauce	French Onion Chicken Kiev OR Vegetable Lo Mein	Chicken Noodle Sausage and Peppers OR Breaded Fish	Corned Beef and Cabbage OR Turkey Tetrzzini	Filet Mignon OR Cavatelli and Broccoli	Lamb Chops w/Mint Jelly OR Omelets Made to Order	Chicken Parmesan w/Pasta OR Filet of Salmon
<b>Side Dishes:</b> Mashed Potatoes Peppers and Onions Brussels Sprout	<b>Side Dishes:</b> Rice Pilaf Steamed Asparagus Dinner Roll	<b>Side Dishes:</b> Roast Potatoes Green Beans Corn niblets	<b>Side Dishes:</b> Boiled Potatoes Steamed Carrots Dinner Roll	<b>Side Dishes:</b> Baked Potato w/Sour Cream Steamed Broccoli Garlic Bread	<b>Side Dishes:</b> Scalloped Potatoes Cauliflower Florets Sautéed Spinach	<b>Side Dishes:</b> Rice Pilaf Fire Roasted Vegetables Tartar Sauce and Lemon
Black Forest cake	Orange Creamsicle	Warm Apple Crisp	Lemon Pound Cake	Tapioca Pudding	Ice Cream Sundae	Rice Pudding



# July 2024 Menu Selections



<i>SUNDAY, July 21</i>	<i>MONDAY, July 22</i>	<i>TUESDAY, July 23</i>	<i>WEDNESDAY, July 24</i>	<i>THURSDAY, July 25</i>	<i>FRIDAY, July 26</i>	<i>SATURDAY, July 27</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Cinnamon Roll  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Strawberry Pancakes  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Breakfast Sandwich  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Belgian Waffles  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Peach Muffin  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast  Fresh Fruit/Stewed Prunes Choice of Toast  Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Tomato Grilled Cheese w/Tomato and Bacon Sandwich w/ Potato Chips and Pickles OR Turkey Salad Over Garden Greens with Almonds Crackers on the Side Chocolate Ice Cream	French Onion Penne With Sausage and Spinach/Parmesan Cheese and Garlic Bread OR Roast Beef Club Sandwich w/ Macaroni Salad and Pickles Fresh Fruit Salad	Cream of Mushroom Monte Cristo Sandwich on Brioche w/Celery, Apple Salad and Potato Chips OR Asian Chopped Salad with Chicken/Mandarin Oranges and Sesame Dressing Strawberry Shortcake	Chicken Ginger And Rice California Cheeseburger w/ Lettuce/Tomato/Onion Rings and Pickles OR Chef's Salad Platter Choice of Dressing Crackers  Sliced Peaches	Matzo Ball Fettuccini Alfredo w/Bacon Bits Garlic Bread  OR Mediterranean Turkey Wrap w/Cucumber Salad and Potato  Oatmeal Raisin Cookies	Hearty Potato Lobster o a Toasted Buttered Roll Bun with Corn on the cob and Coleslaw OR Honey Mustard Brie Sandwich with Carrot, Raisin Salad and Pickles Cream Puffs	Cream of Turkey Grilled Cuban Sandwich on Marble Rye w/Homemade Potato Salad and Pickles OR Homemade Shrimp Salad Platter Over Greens Roll on the Side Root beer Floats
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Chicken Gumbo Stuffed Peppers OR Baked Tilapia <i>Side Dishes:</i> Scalloped Potatoes Steamed Peas Stewed Tomatoes  SF Fruited Jell-O	Lentil Chicken Marsala OR Broiled Flounder <i>Side Dishes:</i> Rice Pilaf Green Beans Dinner Roll  Orange Sorbet	Beef Barley Smothered Pork Chops OR Baked Manicotti <i>Side Dishes:</i> Mashed Potatoes Braised Cabbage Harvard Beets  NAS Vanilla Pudding	Seafood Bisque Cheese Lasagna OR Butterfly Shrimp <i>Side Dishes:</i> Baked Sweet Potatoes Broccoli Florets Garlic Bread  Coconut Custard Pie	Tortellini Chili Con Carne OR Pork Schnitzel <i>Side Dishes:</i> Buttered Noodles Creamed Spinach Glazed carrots  Tres Leches Cake	Vegetable Roast Turkey with Gravy OR Baked Haddock <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Seasoned Asparagus  Chocolate Mousse	Italian Wedding Chicken Cacciatore OR Broiled Cod w/Tartar Sauce <i>Side Dishes:</i> Steamed White Rice Garden Vegetables Dinner Roll  Brownies

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At Bridgewater

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<i>SUNDAY, July 28</i>	<i>MONDAY, July 29</i>	<i>TUESDAY, July 30</i>				
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>				
HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Cinnamon Roll  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage Buttermilk Pancakes  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese	HOT OR COLD CEREAL Oatmeal or Cream of Wheat Eggs Cooked To Order Bacon/Sausage French Toast  Fresh Fruit/Stewed Prunes Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr Cheese				
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>				
Split Pea  Pepperoni Or Cheese Pizza with Tossed Salad on the Side OR Garden Mixed Greens w/ Turkey/Berries/Walnuts Raspberry Vinaigrette Apricots	Cream of Broccoli  Open Faced Steak Sandwich with Gravy/Coleslaw and Fries OR Strawberry Cobb Salad with Grilled Chicken and Toasted Walnuts Banana Split	Tuscan Bread  Ruben Sandwich on Rye with Potato Chips and Pickles OR Greek Tuna Salad Platter w/ Olives/Tomato/Cucumber and Feta cheese Snickerdoodle Cookies				
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>				
Turkey and Wild Rice  Stuffed Cabbage Or Baked Sole <b>Side Dishes:</b> Scalloped Potatoes Steamed Peas Stewed Tomatoes  Tiramisu	Butternut Squash  Southern Fried Chicken Or Beef Raviolis w/Marinara <b>Side Dishes:</b> Roasted potato Wedge Green Beans Corn Niblets  Peanut Butter Cookies	Butternut Squash  Chopped Steak Or Broiled Tilapia <b>Side Dishes:</b> Garlic Mashed Potatoes Glazed Carrots Steamed Cauliflower  Tropical Fruit Salad				