The Avalon At Bridgewater

November 2026
Menu Selections

SUNDAY, November 1	MONDAY, November 2	TUESDAY, November 3	WEDNESDAY, November 4	THURSDAY, November 5	FRIDAY, November 6	SATURDAY, November 7
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffle Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Donut Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Pancakes Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Split Pea Grilled Ruben Sandwich on Rye w/Sauerkraut & Mustard Potato Salad OR Homemade Egg Salad Platter with Your Choice of Dressing Crackers on the Side Banana Pudding	Lemon Chicken Orzo Meatball Parmesan Sub Sandwich w/Onion Rings Coleslaw and Pickles OR Homemade Seafood Salad Over Garden greens w/Lemon Wedge Lemon Meringue Pie	Creamy Ham and Potato Orange Chicken Over Fried Rice w/Stir Fry Vegetables and Egg Roll OR Ciabatta Italian Sandwich With Macaroni Salad and Chips Sliced Apricots	Gnocchi with Turkey Monte Cristo Sandwich on Sourdough Bread w/Rasp-Jelly/Cucumber Salad and Potato Chips OR Fall Harvest Salad w/Apple Pears/Craisin/Bacon and Feta Cheese and Dressing Ice Cream Sundae	Beef Chili Penne Pasta with Italian Sausage and Warm Breadstick R Turkey and Cranberry Wrap with French Fries and Pickles Cupcakes	Alphabet LOX Salmon on Toasted Bagel w/Onions/Capers and Cream Cheese/Chips and Pickles OR Mediterranean Tuna Platter w/Chickpeas/Tomato/Olives Cucumber/Beets/Feta Cheese Tapioca Pudding	Matzo Ball Roast Beef Sandwich on Kaiser Roll w/Horseradish Mayo French Fries and Coleslaw OR Mediterranean Tuna Platter w/Chickpeas/Tomato/Olives Cucumber/Beets/Feta Cheese Tapioca Pudding
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
French Onion Chili Con Carne OR Baked Flounder ***Side Dishes:*** Mashed Potato Braised Cabbage Cornbread/Sour Cream Red Onions Chocolate Cake	Butternut Squash Shrimp Scampi OR Cavatelli and Broccoli ***Side Dishes:*** Baked Potato Broccoli florets Garlic Bread Peach Melba	Chicken and Sausage Gumbo Roast Pork Loin w/Gravy OR Poached Salmon w/Dill Sauce ***Side Dishes:*** Candied Yams Braised Red Cabbage Brussels Sprouts SF Fruited Jell-O	Pumpkin Chicken Francaise OR Baked Tilapia ***Side Dishes:*** Garlic Mashed Potato Steamed Cauliflower Green Beans Strawberry Shortcake	Minestrone Beef Stew OR Tortellini Pesto ***Side Dishes:*** Steamed White Rice Garden Vegetable Dinner Roll Apple Crisp	Seafood Bisque Cheese/Pepperoni Pizza OR Chicken Wings ***Side Dishes:*** Carrot and Celery Sticks Tossed Salad Ranch Dressing Ice Cream Cone	Manhattan Clam Chowder Pan Fry Pork Chops Or Cheese Ravioli w/Marinara ***Side Dishes:*** Wild Rice Broccoli Garlic Bread Homemade Ambrosia

Week of November 1 - 7, 2026

The Avalon At Bridgewater

November 2026
Menu Selections

SUNDAY, November 8	MONDAY, November 9	TUESDAY, November 10	WEDNESDAY, November 11	THURSDAY, November 12	FRIDAY, November 13	SATURDAY, November 14
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffle Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Donut Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Chocolate Bran Muffin Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Chicken Gumbo Pierogies w/Caramelized Onions/Sour Cream Garden Peas OR BLT Sandwich on Toasted White Bread w/Apple Celery Raisin Salad and Chips Strawberry Pie	Turkey Noodle Mushroom Swiss Burger w/ Lettuce/Tomato and Onion Rings/Coleslaw OR Antipasto Salad w/Salami Olives/Chickpeas/Tomato Peppers/Mozzarella Rice Pudding	New England Chowder Chicken Vegetable Lo Mein with Soy Sauce/Egg Roll OR Liverwurst on Rye with Onions and Mustard/Potato Chips and Pickles Baked Fresh Cookies	Potato and Corn Homemade Quiche Lorraine with Fresh Fruit Salad on the Side OR Turkey Club Sandwich on Wheat Grain Bread with Sweet Potato Fries and Pickles Cream Puffs	Pasta Pagioli Grilled Chicken Pesto Melt on White Bread with Three Bean Salad and Potato Chips OR Chef's Salad Platter with Your Choice of Dressing Crackers on the Side Red Velvet Cake	Mushroom Barley Loaded Stuffed Baked Potato w/ Bacon, Chives and Cheese Garden Salad on the Side OR BBQ Beef Brisket on Kaiser Roll w/ Potato Salad and Pickles Banana Split	Lentil Hot Dog on a Bun with Sauerkraut/Mustard Baked Beans and Coleslaw OR Classic Caesar Salad with Anchovies/Hardboiled Eggs Parmesan Cheese Boston Crème Pie
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Beef Vegetables Salisbury Steak OR Baked Manicotti ***Side Dishes:*** Scalloped Potatoes Corn Niblets Sautéed Carrots NY Style Cheesecake	Matzo Ball Chicken Ala King OR Baked Haddock ***Side Dishes:*** Buttered Egg Noodles Steamed Cauliflower Garden Peas Blueberry Pie	French Onion Maple Dijon Salmon OR Fettuccini Alfredo ***Side Dishes:*** Rosemary Potatoes Creamed Spinach Dinner Roll Carrot Cake	Butternut Squash Spaghetti Bolognese OR Herb and Garlic Tilapia ***Side Dishes:*** Rice Pilaf Garden Vegetable Garlic Bread Chocolate Pudding	Corn and Potato Pork Spare Ribs OR Stuffed Sole ***Side Dishes:*** Baked Sweet Potato Corn on the Cob Green Beans Pound Cake Ala Mode	Manhattan Clam Chowder Lamb Chops w/Mint Jelly OR Omelet Made to Order ***Side Dishes:*** Mashed Potatoes Seasoned Asparagus Dinner Roll Assorted Dessert Tray	Broccoli and Cheese Ginger Strips Beef OR Pan Seared Crab Cakes ***Side Dishes:*** Steamed White Rice Braised Cabbage Tartar Sauce and Lemon Tropical Fruit Salad

Week of November 8 - 14, 2026

The Avalon At Bridgewater

November 2026
Menu Selections

SUNDAY, November 15	MONDAY, November 16	TUESDAY, November 17	WEDNESDAY, November 18	THURSDAY, November 19	FRIDAY, November 20	SATURDAY, November 21
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffle Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Donut Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Pumpkin Muffin Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
New England Clam Chowder Italian Sub Sandwich w/Ham and Salami/Lettuce/Tomato Mayo/Fries and Pickles OR Popcorn Shrimp Over Mixed Greens/Crackers on the Side Your Choice of Dressing Lemon Meringue Pie	French Onion Homemade Egg Salad on Croissant w/Lettuce/Tomato and Mayo Potato Chips and Pickles OR Fresh Fruit and Cottage Cheese/Crackers on the Side Fresh Baked Cookies	Broccoli and Cheese California Cheeseburger w/ Mayo/lettuce/Tomato Sweet Potato Fries and Pickles OR Cobb Salad w/Diced Turkey Hardboiled Egg/Avocado Tomato/Cucumber/Bacon Choice of Dressing German Chocolate Cake	Egg Drop Shrimp Lo Mein with Egg Roll /Soy Sauce and Lemon Wedge OR Roast Beef on Steak Roll w/Mayo/Lettuce/Tomato Funnel Salad and Chips Peach Melba	Beef Barley Grilled Chicken Pesto Melt on Sourdough Bread with Macaroni Salad and Chips OR Mediterranean Tuna Salad Platter w/Olives/Artichokes Feta Cheese Strawberry Sundae	Cream of Mushroom Fish and Chips with Corn Niblets and Coleslaw Tartar Sauce and Coleslaw OR Grilled Vegetable Wrap with Potato Chips and Pickles Ice Cream Cone	Tomato Grilled Cheese w/Tomato Potato Salad and Pickles OR Chopped Asian Sesame Chicken Salad w/Orange Mandarin/Sesame Dressing Vanilla Pudding
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Tortellini Lasagna Rolletes w/Marinara OR Butterfly Shrimp ***Side Dishes:*** Baked Potato w/Sour Cream Broccoli Cocktail Sauce Sliced Apricot	Lentil Homemade Meatloaf w/Gravy OR Baked Cod Loin ***Side Dishes:*** Mashed Potato w/Gravy Sautéed Zucchini Stewed Tomatoes Apple Pie Ala Mode	Seafood Newburg Creamy Tuscan Chicken OR Angel Hair Pasta w/Marinara ***Side Dishes:*** Roasted Brussels Sprouts Cauliflower Garlic Bread Sf Fruited Jell-O	Beef Barley Irish Stew OR Crusted Cod ***Side Dishes:*** Polenta Green Peas Tartar Sauce and Lemon Tapioca Pudding	Italian Wedding Smothered Pork Chops OR Penne Vodka Pasta ***Side Dishes:*** Steamed White Rice Garden Vegetables Warm Breadsticks Apple Crisp	Vegetable Fried Chicken OR Baked Honey Garlic Salmon ***Side Dishes:*** Mashed Potatoes Green Beans Tartar Sauce and Lemon Coconut Custard Pie	Pasta Fagioli Corned Beef w/Cabbage OR Tortellini Pesto Pasta ***Side Dishes:*** Boiled Potatoes Carrots Garlic Bread Fudge Brownie

Week of November 15 - 21, 2026

The Avalon At Bridgewater

November 2026
Menu Selections

SUNDAY, November 22	MONDAY, November 23	TUESDAY, November 24	WEDNESDAY, November 25	THURSDAY, November 26	FRIDAY, November 27	SATURDAY, November 28
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffle Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Donut Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Blueberry Muffin Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Manhattan Clam Chowder Philly Cheesesteak with Caramelized Onions/Potato Salad and Coleslaw OR Taco Salad Platter over Mixed Greens w/Guacamole/Salsa Cheese/Choice of Dressing Chilled Diced Pears	Cream of Mushroom Homemade Broccoli and Cheese Quiche with Tossed Salad on the Side OR Chicken Club Sandwich on Toasted White Bread with Onion Rings and Pickles Ambrosia	Potato and Corn Tuna Melt on English Muffin with Cucumber Tomato Salad and Chips OR Fall Harvest Salad Platter w/ Apple/Roasted Sweet Potato Carrots/Pecans/Feta Cheese Choice of Dressing Peaches and Cream	Turkey Noodle Cheese/Pepperoni Pizza with Garden Salad on the Side/Salad Dressing OR Ham and Swiss Cheese on Croissant w/Apple Craisin Celery Salad and Chips Apple Dumpling Ala Mode	Lentil and Ham Sesame Chicken and Fried Rice with Stir-Fry Vegetables OR Egg Salad on Wheat Grain Bread with Lettuce and Tomato/Broccoli Salad and Chips Pecan Pie	Pasta Fagioli Sloppy Joe on Kaiser Roll with Sweet Potato Fries and Pickles OR Fresh Mozzarella and Tomato Basil Salad Platter with Crackers on the Side/Balsamic Vinaigrette Sliced Apricot	Mushroom Barley Baked Manicotti with Marinara Sauce/Parmesan Cheese/Garlic Bread OR Antipasto Salad w/Salami and Ham/Olives/Chickpeas Tomato/Cucumber/Blue Cheese Root Beer Float
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Split Pea Broccoli and Beef Stir-Fry OR Baked Tilapia **Side Dishes:** Steamed White Rice Cauliflower Tartar Sauce and Lemon Assorted Buffet Cake	French Onion Yankee Pot Roast OR Pan Seared Crab Cakes **Side Dishes:** Scalloped Potatoes Brussels Sprouts Tartar Sauce and Lemon Coffee Sundae	Chicken and Rice Sweet and Sour Fish OR Linguini on White Clam Sauce **Side Dishes:** Steamed Brown Rice Sautéed Zucchini Warm Breadsticks Lemon Cake	Minestrone Spaghetti and Meatballs OR Stuffed Flounder **Side Dishes:** Rice Pilaf Garden Vegetables Tartar Sauce and Lemon Cheesecake	Matzo Ball Honey Garlic Shrimp OR Beef Ravioli w/Marinara **Side Dishes:** Baked Potato w/Sour Cream Asparagus Garlic Bread Tiramisu	**Thanksgiving Family Dinner** Honey Baked Roasted Turkey OR Glazed Boneless Ham **Side Dishes:** Country Cornbread Stuffing Maple Sweet Potato Soufflé Green Bean Casserole Gravy/Cranberry Sauce Apple Cranberry Pie	Italian Wedding Beef Stroganoff OR Baked Haddock **Side Dishes:** Egg Noodles Broccoli Tartar Sauce and Lemon Pumpkin Pie

Week of November 22 - 28, 2026

The Avalon At Bridgewater

November 2026
Menu Selections

SUNDAY, November 29	MONDAY, November 30					
BREAKFAST	**BREAKFAST**					
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffle Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Choice of Toast Stewed Prunes/Fresh Fruits Coffee/Milk/Tea/Juice Butter/Jelly/Syrup/Cr. Cheese					
LUNCH	**LUNCH**					
Split Pea Grilled Ruben Sandwich on Rye w/Sauerkraut & Mustard Potato Salad OR Homemade Egg Salad Platter with Your Choice of Dressing Crackers on the Side Banana Pudding	Chicken and Rice Lobster Salad on Steak Roll with French Fries and Coleslaw OR Fresh Fruits and Cottage Cheese with Crackers on the Side Chocolate Chip Cookies					
DINNER	**DINNER**					
French Onion Chicken Cutlet OR Baked Flounder ***Side Dishes:*** Mashed Potato Braised Cabbage Cornbread/Sour Cream Red Onions Chocolate Cake	Split Pea Beef and Broccoli Stir Fry OR Salmon Burger ***Side Dishes:*** Steamed White Rice Braised Red Cabbage Cauliflower Fruit of the Forest Pie					

Week of November 29 - December 5, 2026