The Avalon At Bridgewater

October 2026
Menu Selections

Thursday, October 1	Friday, October 2	Saturday, October 3
BREAKFAST	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Carrot Muffin Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese
LUNCH	**LUNCH**	**LUNCH**
Cream of Broccoli Grilled Cheese w/Bacon and Tomato/Potato Salad and Pickles ***— OR —*** Fresh Fruits and Cottage Cheese with Crackers on the Side Chocolate Cake	Matzo Ball Fishermen's Basket with Cod Corn on the Cob and Coleslaw ***— OR —*** Turkey Club Wrap w/Lettuce and Tomato/Potato Chips and Pickles Cannolis	Italian Wedding Sloppy Joe on Kaiser Roll Apple Celery Craisin Salad and Pickles ***— OR —*** Egg Salad Platter over Mixed Greens/Crackers Choice of Dressing Vanilla Pudding
DINNER	**DINNER**	**DINNER**
Hearty Vegetable Beef Stroganoff ***— OR —*** Cheese Pizza w/Tossed Salad **Side Dishes:** Buttered Egg Noodles Warm Biscuit SF Fruited Jell-O	Minestrone Rotisserie Chicken Quarter ***— OR —*** Baked Haddock **Side Dishes:** Fresh Mashed Potato Broccoli Dinner Roll Fresh Baked Cookies	Turkey and Orzo Homemade Lasagna ***— OR —*** Stuffed Sole **Side Dishes:** Wild Rice Garden Vegetables Breadsticks Chilled Tropical Fruits

Week of September 27 - October 3, 2026

The Avalon At Bridgewater

October 2026
Menu Selections

Sunday, October 4	Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9	Saturday, October 10
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Blueberry Pancakes Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Cinnamon Roll Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Banana Nut Muffin Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffle Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Beef Barley Chicken Tenders with Honey Mustard/French Fries Coleslaw ***— OR —*** Tuna Salad on Croissant with Potato Chips and Pickles Root Beer Floats	French Onion Homemade Lorraine Quiche with Fresh Fruit on the Side ***— OR —*** Liverwurst on Rye with Mustard/Cucumber Salad and Potato Chips Lemon Cookies	Chicken Tortilla Stuffed Peppers w/Red Sauce Parmesan Cheese and Warm Breadsticks ***— OR —*** Shrimp Salad Served over Mixed Greens Choice of Dressing Strawberry Rhubarb Pie	Lentil Pork Roll and Swiss on Potato Roll with Macaroni Salad and Pickles ***— OR —*** Mediterranean Tuna Salad w/Olives/feta Cheese and Red Wine Vinaigrette Peaches and Cream	Cream of Mushroom Grilled Ruben Sandwich on Sourdough Bread with Sauerkraut/Russian Dressing Potato Salad and Pickles ***— OR —*** Fresh Fruits and Cottage Cheese Crackers on the Side Cream Puffs	Chicken Pozole Italian Sausage and Peppers on Steak Roll/Waffle Fries and Coleslaw ***— OR —*** Tarragon Turkey Salad with Craisin/Walnuts and Mandarin Oranges/Choice of Dressing Cheesecake	Tomato Basil Bacon Lettuce and Tomato Sandwich on Toasted White Bread w/Sweet Potato Fries and Pickles ***— OR —*** Ham and Brie Sandwich with Arugula/Orange Marmalade Sweet Potato Fries and Pickles Oatmeal Raisin Cookies
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Crab and Corn Yankee Pot Roast ***— OR —*** Crab Cakes **Side Dishes:** Scalloped Potatoes Garden Peas Glazed Carrots Tartar Sauce and Lemon Homemade Ambrosia	Butternut Squash Spaghetti and Meat Sauce ***— OR —*** Baked Cod Loin **Side Dishes:** Parmesan Cheese/Garlic Bread Sautéed Zucchini Stewed Tomatoes Red Velvet Cake	Manhattan Clam Chowder Sweet and Sour Pork ***— OR —*** Baked Tilapia **Side Dishes:** Steamed White Rice Mixed Vegetables Egg Roll Orange Sherbet	White Bean and Spinach Beef Stew ***— OR —*** Lobster Roll **Side Dishes:** Mashed Potato Roasted Brussels Sprouts Warm Biscuit Blueberry Pie	Corn Chowder Baked Garlic Butter Shrimp ***— OR —*** Penne Ala Vodka **Side Dishes:** Roasted Potatoes Seasoned Asparagus Dinner Roll Strawberry Ice Cream	Matzo Ball Country Fried Chicken ***— OR —*** Salmon Patty w/Dill Sauce **Side Dishes:** Fresh Mashed Potato w/Gravy Braised Cabbage Dinner Roll SF Fruited Jell-O	Minestrone Swedish Meatballs ***— OR —*** Baked Tilapia **Side Dishes:** Egg Noodles Braised Beets Cauliflower Sliced Apricots

Week of October 4 - 10, 2026

The Avalon At Bridgewater

October 2026
Menu Selections

Sunday, October 11	Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16	Saturday, October 17
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Buttermilk Pancakes Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Assorted Donuts Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Blueberry Pancakes Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Banana Nut Muffin Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Belgian Waffles Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
New England Chowder Stuffed Baked Potato with Sour Cream/Bacon and Cheddar Cheese Tossed Salad on the Side ***— OR —*** Italian Sub Sandwich with Lettuce/Tomato/Mayo Lettuce/Tomato/Mayo Potato Chips and Pickles Pecan Pie	Split Pea BBQ Riblet on Steak Roll with Corn Niblets/Coleslaw and Pickles ***— OR —*** Chef's Salad Platter w/Ham and Turkey/Crackers on the Side/Choice of Dressing Banana Split	French Onion Smoked Salmon on Toasted Bagel w/Red Onions/Capers and Cream Cheese/Onion Rings ***— OR —*** Fresh Mozzarella Tomato and Basil Platter w/Balsamic Vinaigrette/Crackers on the Side Peaches and Cream	Cream of Mushroom Flank Steak and Provolone Sandwich on Roll with Caramelized Onions Cucumber Tomato Salad ***— OR —*** Cobb Salad with Turkey w/ Craisin/Roasted Sweet Potatoes Hard Boiled Eggs/Walnuts Cream Puffs	Tortellini Chicken Fritters w/Honey Mustard/French Fries and Coleslaw ***— OR —*** Egg Salad on Croissant Sandwich with Potato Chips and Pickles Chilled Diced Pears	Lentil Fish and Chips w/Tartar Sauce/Corn on the Cob Lemon Wedge ***— OR —*** Chicken Club Sandwich on Toasted White Bread with Mayo/Apple Celery Cucumber Raisin Salad Assorted Buffet Cakes	Beef Barley Hot Dog on a Bun with Baked Beans/Sauerkraut Mustard and Coleslaw ***— OR —*** Homemade Tuna Salad Platter with Crackers on the Side SF Fruited Jell-O
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Chicken Gumbo Salisbury Steak w/Gravy ***— OR —*** Baked Manicotti w/Marinara Sauce **Side Dishes:** Mashed Potato Brussels Sprouts Dinner Roll Tapioca Pudding	Egg Drop Chicken Lo Mein ***— OR —*** Butterfly Shrimp w/Cocktail Sauce **Side Dishes:** Baked Potato Egg Roll Soy Sauce/Lemon Wedge Churros	Seafood Bisque Homemade Meatloaf ***— OR —*** Baked Flounder **Side Dishes:** Mashed Potato w/Gravy Green Beans Glazed Carrots Pumpkin Spice Cake	Mushroom Barley Linguini on White Clam Sauce ***— OR —*** Pan Seared Crab cakes **Side Dishes:** Mixed Vegetables Tartar Sauce and Lemon Warm Breadsticks White Chocolate Chip Macadamia Cookies	Vegetable Chicken Cacciatore ***— OR —*** Honey Garlic Salmon **Side Dishes:** Steamed White Rice Fire Roasted Vegetables Dinner Roll Coffee Ice Cream	Chicken and Orzo BBQ Spare Pork Ribs ***— OR —*** Stuffed Shells w/Marinara **Side Dishes:** Braised Red Cabbage Broccoli Garlic Bread Coconut Custard Pie	Minestrone Braised Beef Brisket ***— OR —*** Stuffed Sole **Side Dishes:** Au Gratin Potatoes Sautéed Spinach Tartar Sauce and Lemon Wedge Blueberry Pie

Week of October 11 - 17, 2026

The Avalon At Bridgewater

October 2026
Menu Selections

Sunday, October 18	Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23	Saturday, October 24
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Cinnamon Roll Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Buttermilk Pancakes Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Peach Muffin Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Turkey Noodle Turkey Chili w/Cheddar Cheese/Red Onions/Sour Cream and Cornbread *— OR —* Crispy Cod Sandwich on Roll Potato Chips and Coleslaw Vanilla Pudding	White Bean and Ham Baked Ziti w/Ground Beef Parmesan Cheese and Garlic Bread *— OR —* Crunchy Asia Chicken Salad w/Mandarin Oranges and Sesame Dressing Sliced Apricots	Chicken and Potato Chowder Homemade Broccoli and Cheddar Quiche w/ Fresh Fruits on the Side *— OR —* Roast Beef on Onion Roll w/Horseradish Mayo Potato Salad and Pickles Ice Cream Cone	Mushroom Barley Chicken and Waffle Melt w/ Gravy/Sweet Potato Fries and Coleslaw *— OR —* Eggplant Parmesan w/Homemade Macaroni Salad Oatmeal Raisin Cookies	Manhattan Clam Chowder Monte Cristo Sandwich on Sourdough Bread w/Raspberry Jam and Swiss Cheese Cucumber Tomato Salad/Chips *— OR —* Pepperoni Or Cheese Pizza w/Garden Mixed Salad Choice of Dressing Banana Pudding	Hearty Vegetables Bratwurst on Roll with Sauerkraut and Mustard French Fries and Pickles *— OR —* Homemade Tuna Salad Platter Over Mixed Greens Choice of Dressing Pound Cake	Italian Wedding Macaroni and Cheese with Glazed Carrots/Peas Warm Breadsticks *— OR —* Honey Dijon Ham and Brie Melt w/Chickpea Salad and Pickles Tapioca Pudding
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Cream of Broccoli Roast Turkey *— OR —* Filet of Flounder **Side Dishes:** Baked Sweet potato Cornbread Stuffing Tartar/Lemon Wedge Dinner Roll Mandarin Oranges	French Onion Shrimp Scampi *— OR —* Tortellini Pesto **Side Dishes:** Rice Pilaf Sautéed Zucchini Parmesan Cheese and Breadsticks Brownies	Lentil and Spinach Corned Beef *— OR —* Broiled Cod Fish **Side Dishes:** Boiled Potatoes Cabbage/Carrots Tartar Sauce and Lemon Warm Apple Crisp Ala Mode	Tomato and Rice Chicken Ala King *— OR —* Stuffed Cabbage **Side Dishes:** Scalloped Potatoes Garden Vegetables Warm Biscuit Tropical Fruit Salad	Matzo Ball Ground Beef Picadillo *— OR —* Lobster Roll **Side Dishes:** Steamed White Rice Sweet Potato Fries Coleslaw Peach Pie	Split Pea Country Fried Chicken *— OR —* Broiled Salmon w/Dill Sauce/Corn on the Cob **Side Dishes:** Mashed Potato/Gravy Sautéed Cabbage Baked Beans Assorted Dessert Tray	Pumpkin Smothered Pork Chops *— OR —* Baked Tilapia **Side Dishes:** Buttered Noodles Red Cabbage/Green Beans Tartar Sauce and Lemon Fruit of The Forest Pie

Week of October 18 - 24, 2026

The Avalon At Bridgewater

October 2026
Menu Selections

Sunday, October 25	Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30	Saturday, October 31
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Cinnamon Roll Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Buttermilk Pancakes Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Danish Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Apple Turnover Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage Carrot Muffin Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Eggs Made to Order Bacon/Sausage French Toast Fresh Fruits/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Syrup/Jelly/Cr Cheese
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Chicken Broth and Vegetable Pierogies w/Caramelized Onions/Steamed Garden Peas and Sour Cream ***— OR —*** Tuna Melt on English Muffin w/Potato Chips and Pickles Cream Puffs	New England Clam Chowder Grilled Bologna and Provolone Cheese Melt on Rye w/Apple Raisin Salad Potato Chips ***— OR —*** Beet Salad w/Feta Cheese Tomato/Almonds/Balsamic Vinaigrette Diced Pears	French Onion Stuffed Baked Potato with Tossed Salad on the Side Choice of Dressing ***— OR —*** Chicken Waldorf on Wrap with Broccoli Salad Ice Cream Sandwich	Cream of Mushroom Cuban Panini Sandwich w/ Potato Salad and Chips ***— OR —*** Flank Steak Salad with Blue Cheese/Crackers on the Side NAS Apple Pie	Corn and Crab Grilled Chicken and Portabella Mushrooms w/Marinara Sauce and Parmesan Cheese French Bread on the Side ***— OR —*** Fresh Fruits and Cottage Cheese Platter Boston Crème Pie	Matzo Ball California Cheeseburger w/ Lettuce and Tomato/Mayo Waffle Fries and Pickles ***— OR —*** Mediterranean Salad Platter Salami/Artichoke/Chickpeas Cucumber/Olives Choice of Dressing Chocolate Mint Ice Cream	Cream of Cauliflower Chicken Tenders with Honey Mustard/Coleslaw Macaroni Salad ***— OR —*** Shrimp Salad Platter Choice of Dressing Dinner Roll Lemon Cookies
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Chicken Gumbo Sweet and Sour Fish Cod ***— OR —*** Arancini Ball w/Marinara **Side Dishes:** Steamed White Rice Seasoned Broccoli Succotash Red Velvet Cake	Lentil Filet Mignon ***— OR —*** Penne Ala Vodka **Side Dishes:** Au Gratin Potatoes Seasoned Asparagus Garlic Bread Carrot Cake	Beef Barley Chicken Piccata ***— OR —*** Baked Flounder **Side Dishes:** Roasted Potatoes Sautéed Spinach Tartar Sauce and Lemon Orange Creamsicle	Butternut Squash Roasted Pork Loin with Mushroom Gravy Sauce ***— OR —*** Stuffed Sole **Side Dishes:** Wild Rice Sautéed Yellow Squash Tartar Sauce and Lemon Chocolate Pudding	Vegetable Yankee Pot Roast ***— OR —*** Pan Seared Crab Cakes **Side Dishes:** Mashed Potatoes Roasted Brussels Sprouts Tartar Sauce and Lemon Diced Peaches	Turkey and Orzo Roasted Chicken Quarter ***— OR —*** Eggplant Rollatini w/Marinara **Side Dishes:** Baked Sweet Potato Creamed Spinach Green Beans Tiramisu	Minestrone Alfredo Pasta ***— OR —*** Veggie Burger on Roll **Side Dishes:** Zucchini Fries Lettuce and Tomato Coleslaw/Pickles Apple Dumpling Ala Mode

Week of October 25 - 31, 2026