The Avalon At Bridgewater

September 2026
Menu Selections

TUESDAY, September 1	WEDNESDAY, September 2	THURSDAY, September 3	FRIDAY, September 4	SATURDAY, September 5
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Donut Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Pork Roll Apple Turnover Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Buttermilk Pancakes Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Corned Beef French Toast Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Carrot and Tomato Broccoli and Cheese Quiche w/Fresh Fruits on the Side ***— OR —*** Mediterranean Salad Platter Salami/Olives/Red Onions Tomatoes and Feta Cheese Peach Melba	Manhattan Clam Chowder BBQ Pork Riblet On Roll w/French Fries and Coleslaw ***— OR —*** Chicken Caesar Salad with Hardboiled Eggs and Croutons Caesar dressing Cannoli	Cream of Broccoli Grilled Chicken Panini with Beets Salad and Potato Chips ***— OR —*** Homemade Egg Salad Platter over Mixed Greens/Crackers on the Side Cream Puff	Italian Wedding Bratwurst w/Mustard and Sauerkraut on Steak Roll with Potato Salad ***— OR —*** Waldorf Chicken Salad with Apple Craisin Salad and Toasted Almonds Apple Spice Cake	Cream of Mushroom Fish and Fries with Tartar Sauce and Fresh Lemon Wedge ***— OR —*** Turkey Club Sandwich on Sourdough Bread with Potato Chips and Pickles Butter Pecan Ice Cream
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Turkey Noodles Beef Brisket ***— OR —*** Crispy Cod w/Tartar Sauce **Side Dishes:** Baked Potato Broccoli Florets Dinner Roll Banana Split	Butternut Squash Sliced Smoked Ham ***— OR —*** Glazed Teriyaki Salmon **Side Dishes:** Au Gratin Potatoes Steamed Asparagus Buttered Biscuit Chocolate Pudding	Minestrone Veal Parmesan ***— OR —*** Sole Almandine **Side Dishes:** Buttered Egg Noodles Brussels Sprouts Garlic Bread Boston Cream Pie	Bacon Potato Chowder Buffalo Chicken Wings ***— OR —*** Penne Ala Vodka **Side Dishes:** Celery and Carrot Sticks Coleslaw Breadsticks Homemade Ambrosia	Chicken and Orzo Spaghetti Bolognese ***— OR —*** Broiled Tilapia **Side Dishes:** Rice Pilaf Seasoned Succotash Cauliflower Fresh Baked Cookies

Week of August 30 - September 5, 2026

The Avalon At Bridgewater

September 2026
Menu Selections

SUNDAY, September 6	MONDAY, September 7	TUESDAY, September 8	WEDNESDAY, September 9	THURSDAY, September 10	FRIDAY, September 11	SATURDAY, September 12
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Coffee Roll Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Belgian Waffles Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Pork Roll Danish Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Apple Turnover Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Corned Beef Banana Nut Muffin Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Pork Roll French Toast Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Sausage Gumbo Mushroom Swiss Burger with Lettuce/Tomato Onion Rings and Kirby Pickles *— OR —* Smoked Salmon Salad with Hardboiled Eggs/Capers and Red Onions NAS Blueberry Pie	Chicken Noodles Toasted Lobster Roll with Homemade Pasta Salad and Pickles *— OR —* Chef's Salad Platter with Ham and Turkey/Crackers Choice of Dressing Banana Pudding w/Cream	New England Clam Chowder Stuffed Baked Potato with Bacon Bits and Cheddar Cheese Tossed Salad on the Side *— OR —* Roast Beef on Wrap w/Horse-radish Mayo/Lettuce/Tomato Homemade Macaroni Salad and Pickles Sugar Fruited Jell-O	Egg Drop Shrimp Vegetable Lo Mein Egg Roll/Soy Sauce *— OR —* Ham and Honey Mustard Sandwich on Whole Grain Carrot Raisin Salad and Potato Chips Chocolate Chip Cookies	Pasta Fagioli Philly Cheesesteak Sub with Sweet Potato Fries and Pickles *— OR —* B.L.T Club Sandwich with Mayo/Cucumber Salad and Chips NAS Apple Pie	Broccoli and Cheese Cuban Panini Sandwich with Three Bean Salad and Potato Chips *— OR —* Fresh Tomato and Mozzarella Basil Platter/Crackers and Balsamic Dressing Vanilla Pudding	Tomato and Basil Chicken Tenders with Mustard/French Fries and Coleslaw *— OR —* Homemade Seafood Salad Over Garden Greens Choice of Dressing Peanut Butter Cookies
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Vegetables BBQ Pork Spare Ribs *— OR —* Baked Ziti **Side Dishes:** Corn on The Cob Green Beans Coleslaw Garlic Bread Root Beer Floats	Split Pea Chicken Francaise *— OR —* Baked Flounder **Side Dishes:** Steamed White Rice Cauliflower Green Peas Peaches and Cream	Beef Broth and Noodles Turkey Milanese *— OR —* Pan Seared Crab Cakes **Side Dishes:** Buttered Noodles Steamed Asparagus Caramelized Pearl Onions Rice Pudding	White Bean and Spinach Pot Roast w/Gravy *— OR —* Stuffed Sole **Side Dishes:** Fresh Mashed Potato Sautéed Zucchini Glazed Carrots Frosted Vanilla Cake	Cream of Cauliflower Smothered Pork Chops *— OR —* Baked Cod Loin **Side Dishes:** Wild Rice Blend Broccoli Corn Niblets Orange Creamsicle	Matzo Ball Broiled Chicken Quarters *— OR —* Eggplant Rollatini **Side Dishes:** Au Gratin Potatoes Garden Vegetables Dinner Roll Tiramisu	Beef Barley Beef Stew *— OR —* Omelet Made to Order **Side Dishes:** Steamed White Rice Sautéed Yellow Zucchini Warm Croissant Pound Cake Ala Mode

Week of September 6 - 12, 2026

The Avalon At Bridgewater

September 2026
Menu Selections

SUNDAY, September 13 *GRANDPARENT'S DAY*	MONDAY, September 14 *NYC: BIG APPLE Spotlight*	TUESDAY, September 15 *MIDWEST: Shining in the Heartland*	WEDNESDAY, September 16 *Nashville Nights & Neon Lights*	THURSDAY, September 17 *Disney Dreams/Enchanted*	FRIDAY, September 18 *ALOHA: Avalon Hawaii*	SATURDAY, September 19
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Cinnamon Roll Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Buttermilk Pancakes Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Danish Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Corned Beef Breakfast Sandwich Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Apple Turnover Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Pork Roll Blueberry Muffin Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage French Toast Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Lentil Burger and Fries w/Lettuce Tomato Mayo and Pickles *— OR —* Homemade Shrimp Salad Platter Over Mixed Greens with Lemon Wedge White Chocolate Macadamia Nut Cookies	Sausage, Cabbage and Potato Cheese or Pepperoni Pizza (Ordered out) with Tossed Salad on the Side *— OR —* Mediterranean Turkey Wrap with Potato Chips and Pickles Funnel Cake	Manhattan Clam Chowder Bratwurst with Corn on the Cob/Sauerkraut/Potato Salad *— OR —* Berry Salad w/Diced Turkey Walnuts and Raspberry Dressing Cherry Pie	Mushroom Barley BBQ Pork Spare Ribs w/Baked Beans /Coleslaw and Pickles *— OR —* Fresh Tomato, Basil and Mozzarella Platter with Balsamic Vinaigrette Key Lime Pie	Cream of Mushroom Spaghetti and Meatballs with Breadsticks *— OR —* Roast Beef on Onion Roll w/Horseradish Mayo Potato Chips and Pickles Cupcakes	Tomato Grilled Hawaiian Ham Sand with Pineapple/Red Onions BBQ Sauce and Mozzarella Cheese/Sweet Potato Fries *— OR —* Chicken Cutlet with Apple Raisin Honey Served Over Garden Greens Coconut Layered Cake	Chicken Broth and Noodles Hot Dog on a Bun with Sauerkraut/Baked Beans and Coleslaw *— OR —* Homemade Tuna Salad Platter with Crackers on the Side Ice Cream Cone
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Cream of Broccoli Chicken Kiev *— OR —* Tilapia w/Tartar Sauce **Side Dishes:** Baked Sweet Potato Creamed Spinach Steamed Cauliflower Lemon Bar	French Onion Pepper Steak *— OR —* Lasagna Rollete **Side Dishes:** Steamed White Rice Green Beans Egg Roll Diced Pears	Split Pea Pork Chops w/Peaches *— OR —* Broiled Haddock **Side Dishes:** Baked Potato w/Sour Cream Broccoli Florets Dinner Roll Warm Blueberry Crisp	Chicken and Rice Homemade Meatloaf *— OR —* Linguini on Red Clam Sauce **Side Dishes:** Fresh Mashed Potato w/Gravy Glazed Carrots Steamed Garden Peas Ice Cream Sundae	Matzo Ball BBQ Beef Brisket *— OR —* Stuffed Flounder **Side Dishes:** Cornbread Sautéed Zucchini Stewed Tomatoes Tapioca Pudding	Split Pea Chicken Cacciatore *— OR —* Veggie Patty **Side Dishes:** Rice Pilaf Roasted Brussels Sprouts Green Beans Apricots	Seafood Bisque Homemade Stuffed Peppers *— OR —* Baked Cod Loin **Side Dishes:** Scalloped Potatoes Garden Vegetables Garlic Bread Oatmeal Raisin Cookies

Week of September 13 - 19, 2026

The Avalon At Bridgewater

September 2026
Menu Selections

SUNDAY, September 20	MONDAY, September 21	TUESDAY, September 22	WEDNESDAY, September 23	THURSDAY, September 24	FRIDAY, September 25	SATURDAY, September 26
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Coffee Roll Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Belgian Waffles Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Pork Roll Danish Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Breakfast Sandwich Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Apple Turnover Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Corned Beef Buttermilk Pancakes Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Pork Roll French Toast Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
New England Clam Chowder Macaroni and Cheese with Glazed Carrots and Peas *— OR —* Popcorn Shrimp Over Mixed Greens w/Lemon Wedge Chocolate Pudding	French Onion Hot Pastrami Sandwich on Rye w/Mustard/Potato Salad and Pickles *— OR —* Turkey Salad with Tarragon Toasted Almonds and Red Grapes Peanut Butter Cookies	Chicken Noodle Grilled Chicken and Portabella Mushroom w/Marinara Sauce and Parmesan Cheese *— OR —* Ham and Cheddar Sandwich on Whole Grain w/Carrot Raisin Salad/Potato Chips SF Fruited Jell-O	Cream of Mushroom Philly Cheesesteak with Caramelized Onions/French Fries and Coleslaw *— OR —* Homemade Crab Salad Over Garden Greens w/Crackers on the Side Tropical Fruits	Matzo Ball Tuna Melt on English Muffin with Potato Chips and Pickles *— OR —* Flank Steak with Blue Cheese Dressing Over Iceberg Lettuce Wedge Boston Cream Pie	Potato and Leek Chili Con Carne w/Sour Cream Red Onions/Cheese and Cornbread *— OR —* Grilled Vegetable Wrap with Homemade Macaroni Salad and Pickles Chocolate Chip Cookies	Cream of Turkey Monte Cristo on Sourdough Bread w/Potato Chips and Coleslaw *— OR —* Antipasto Salad w/Salami Olives/Chickpeas/Cucumber Tomato/Beets and Cheese Root Beer Floats
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Chicken Gumbo Salisbury Steak *— OR —* Chicken Cutlet **Side Dishes:** Steamed White Rice Steamed Cauliflower Seasoned Succotash Cheesecake	Lentil Butterfly Shrimp *— OR —* Veggie Burger **Side Dishes:** Baked Potato w/Sour Cream Garden Vegetables Coleslaw and Pickles Warm Apple Crisp	Beef Barley Corned Beef *— OR —* Baked Tilapia **Side Dishes:** Cabbage Boiled Potatoes Steamed Carrots Vanilla Pudding	Manhattan Clam Chowder Southern Fried Chicken *— OR —* Cavatelli and Broccoli **Side Dishes:** Baked Sweet Potato Steamed Broccoli Garlic Bread Peach Cobbler	Tortellini Homemade Shepherd's Pie *— OR —* Sausage Rigatoni Pasta **Side Dishes:** Sautéed Zucchini Parmesan Cheese Warm Breadsticks Black Forest Cake	Vegetable Pork Loin w/Mushroom Dijon Sauce *— OR —* Haddock Piccata **Side Dishes:** Herbed Noodles Fire Roasted Vegetables Stewed Tomatoes Lemon Meringue Pie	Italian Wedding Roasted Turkey w/Gravy *— OR —* Fettuccini Alfredo **Side Dishes:** Cornbread Stuffing Asparagus Pearl Onions NAS Apple Pie

Week of September 20 - 26, 2026

The Avalon At Bridgewater

September 2026
Menu Selections

SUNDAY, September 27	MONDAY, September 28	TUESDAY, September 29	WEDNESDAY, September 30
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
HOT/COLD CEREAL Oatmeal/Cream of Wheat Bacon/Sausage Cinnamon Roll Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage Buttermilk Pancakes Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Hash brown Donut Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup	**HOT/COLD CEREAL** Oatmeal/Cream of Wheat Bacon/Sausage/Corned Beef Breakfast Sandwich Fresh Fruits/Stewed Prunes Fresh Banana **CHOICE OF TOAST** Coffee/Tea/Milk/Juice Butter/Jelly/Syrup
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**
Split Pea w/Ham Pierogies w/Caramelized Onions/Steamed Garden Peas and Sour Cream ***— OR —*** Italian Sub Sandwich w/ Potato Chips and Pickles Tapioca Pudding	Mushroom Barley Grilled Bologna and Provolone Cheese Melt on Rye Bread w/Apple Celery Raisin Salad and Chips ***— OR —*** Lobster Avocado Salad Over Garden Greens Diced Pears	Carrot Dill Broccoli and Cheese Quiche with Fresh Fruit on the Side ***— OR —*** Greek Salad w/Grilled Chicken/Olives/Artichoke Tomato/Cucumber/Feta Cheese Choice of dressing Cannolis	Manhattan Clam Chowder BBQ Pulled Pork on Kaiser Roll w/French Fries and Coleslaw ***— OR —*** Classic Caesar Salad w/Hard Boiled Egg/Croutons and Parmesan Cheese/Dinner Roll Peach Melba
DINNER	**DINNER**	**DINNER**	**DINNER**
Turkey and Rice Sweet and Sour Battered Cod ***— OR —*** Arancini Ball w/Marinara **Side Dishes:** Steamed Rice Green Beans Succotash Vanilla Frosted Cake	Alphabet Chicken Wings w/Blue Cheese Dip ***— OR —*** Cheese Raviolis **Side Dishes:** Baked Potato Celery and Carrot Sticks Tossed Salad Chocolate Sundae	Corn Bacon Chowder Veal Parmesan ***— OR —*** Sole Almandine **Side Dishes:** Buttered Egg Noodles Brussels Sprouts Beets Pecan Pie	Chicken Noodles Smoked Ham ***— OR —*** Honey Garlic Salmon **Side Dishes:** Au Gratin Potatoes Garden Vegetable blend Warm Biscuit Coconut Custard Pie

Week of September 27 - October 3, 2026