The Avalon At Hillsborough

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**
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffle Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Hashbrown Patty Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Autumn Roasted Turkey, Stuffing and Cranberry Sauce Sandwich with Sweet Potato Fries OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers and Mozzarella Fruited Jell-O	Hearty Vegetable Hot Pastrami on Rye with Potato Chips and Cucumber Salad OR Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette Banana Pudding	Tomato Macaroni and Cheese with Steamed Carrots and Cauliflower OR Smoked Salmon Platter with Hardboiled egg, Capers, Red Onions Over Garden Greens Ice Cream Cone	Stuffed Pepper Grilled Cheese with Tomato, Bacon, and Potato Chips OR Lemon Dill Chicken Salad Over Garden Greens with Your Choice of Dressing Chocolate Chip Cookies	Beef Barley Patty Melt with Swiss Cheese and Sautéed Onions on Marble Rye with French Fries OR Tuna Fish Sandwich on White Toast with Potato Chips and Pickles Peaches and Cream	Cream of Broccoli Angel Hair Pasta with Marinara Sauce, Garlic Bread, and a Side Salad OR Egg Salad on a Croissant with Three Bean Salad and Pickles NAS Chocolate Pudding	Carrot Dill Italian Hotdog with Potatoes, Peppers & Onions, and French Fries OR Grilled Chicken and Peach Salad with Corn Over Garden Greens Fruited Jell-O
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Matzo Ball Meatloaf with Gravy OR Eggplant Rollatini *Side Dishes:* Mashed Potatoes Stewed Tomatoes Corn Niblets Fresh Baked Cupcakes	Turkey and Rice Chicken Cacciatore OR Broiled Cod Loin *Side Dishes:* Scalloped Potatoes Steamed Carrots Green Beans Boston Cream Pie	French Onion Homemade Lasagna OR Baked Haddock *Side Dishes:* Skillet Potatoes String Beans Garlic Bread Orange Frosted Cake	New England Clam Chowder Honey Pork OR Sole Almandine *Side Dishes:* Mashed Potatoes Snap Peas Dinner Roll Apple Pie	Chicken Noodle Filet Mignon OR Cavatelli and Broccoli *Side Dishes:* Baked Potato Broccoli Florets Garden Salad Chocolate Nut Brownie	Butternut Squash French Onion Chicken OR Baked Tilapia *Side Dishes:* Egg Noodles Sautéed Zucchini Steamed Cauliflower Lemon Meringue Pie	Minestrone Homemade Chili OR Fish Florentine *Side Dishes:* Scalloped Potatoes Greens Beans Cornbread Caramel Apple Crumb Cake

Week of November 1 - 7, 2026

The Avalon At Hillsborough

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**
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffle Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Hashbrown Patty Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Autumn Lobster Roll on a Bun with Corn Niblets and Coleslaw OR Fresh Fruit and Cottage Cheese Platter Oatmeal Raisin Cookies	Hearty Vegetable BBQ Pulled Pork on a Hawaiian Roll with Onion Rings and Coleslaw OR Summer Berry Salad W/ Diced Turkey, Toasted Almonds, and Raspberry Vinaigrette Chocolate Éclair Ice Cream Bar	Split Pea Fish and Chips with Tartar Sauce and Lemon Wedge OR Chef's Salad Platter Over Garden Greens with Your Choice of Dressing Rainbow Sprinkled Cookies	Cream of Broccoli Homemade Sloppy Joe on a Bun with Potato Chips and Pickles OR Shrimp Caesar Salad with Parmesan Cheese and Croutons Mandarin Oranges	Beef Barley Stuffed Baked Potato with Bacon, Cheddar Cheese, and Garden Salad on the Side OR BLT with Homemade Macaroni Salad and Potato Chips Rice Pudding	Minestrone Grilled Chicken, Roasted Pepper, and Mozzarella Sub with Pesto Pasta Salad OR Taco Salad with Guacamole, Salsa, and Sour Cream Over Garden Greens Banana Parfait	Carrot Dill Cowboy BBQ Burger with BBQ Sauce and an Onion Ring with Potato Salad and Pickles OR Tuna Salad Platter Over Garden Greens and Crackers on the Side Peanut Butter Cookies
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Potato Leek Chicken Cordon Bleu OR Cheese Pizza *Side Dishes:* Roasted Potatoes Garden Vegetables Garden Salad Peach Pie	Turkey and Ozo Beef and Broccoli Stir Fry OR Crab Cake *Side Dishes:* Fried Rice Broccoli Florets Corn Niblets Red Velvet Cake	Sausage, Potato, and Cabbage Corned Beef and Cabbage OR Broiled Cod Loin *Side Dishes:* Boiled Potatoes Steamed Carrots Irish Soda Bread Carrot Cake	Spinach and White Bean BBQ Spare Ribs OR Pierogies with Onions *Side Dishes:* Baked Sweet Potato Green Beans Dinner Roll Lemon Pound Cake	Chicken Noodle Chopped Steak w/ Onion Gravy OR Filet of Flounder *Side Dishes:* Egg Noodles Broccoli Florets Cauliflower Warm Peach Crumble	Butternut Squash Spaghetti and Meatballs OR Stuffed Sole *Side Dishes:* Rice Pilaf Sautéed Zucchini Garlic Bread Blondie	Matzo Ball Rotisserie Chicken OR Kielbasa with Sauerkraut *Side Dishes:* Roasted Potatoes Glazed Carrots Steamed Asparagus Pecan Pie

Week of November 8 - 14, 2026

The Avalon At Hillsborough

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**
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Waffle Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Hashbrown Patty Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Chicken Broth with Noodles Shrimp Stir Fry Served Over Steamed Rice with egg Roll and Fortune Cookie OR Grilled Steak and Bleu Cheese Salad with Cherry Tomatoes with Your Choice of Dressing Sliced Pears	Hearty Vegetable Chicken Tenders with Honey Mustard, French Fries, and Pickles OR Liverwurst and Onions on Rye with Celery Apple Salad Ice Cream Sandwich	Split Pea French Bread Pizza with Garden Salad on the Side OR Grilled Chicken and Artichoke Salad with Roasted Peppers and Feta Cheese Jell-O	Cream of Broccoli Crab Cake Sandwich with Lettuce and Tartar with Corn Niblets OR Cranberry, Apple, Turkey Salad with Toasted Walnuts and Berry Vinaigrette Tapioca Pudding	French Onion Grilled Vegetable and Mozzarella Wrap with Cucumber Salad and Pickles OR Italian Sub Sandwich with Macaroni Salad and Pickles Fruit Cocktail	Manhattan Clam Chowder Honey Ham & Cheddar Melt on a Hawaiian Roll w/ Sweet Potato Fries and Beet Salad OR Southwest Chicken Salad with Corn, Black Beans, Red Pepper, and Romaine Lettuce Cranberry Orange Cookies	Carrot Dill Hotdog on a Bun with Sauerkraut, Baked Beans, and Coleslaw OR Fresh Fruit and Cottage Cheese Platter Banana Pudding
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Potato Leek Linguini w/ White Clam Sauce OR Chicken Cutlet *Side Dishes:* Corn Casserole Broccoli Florets Dinner Roll Tiramisu	Autumn Sliced Roast Beef w/ Gravy OR Filet of Pollock *Side Dishes:* Mashed Potatoes Harvard Beets Garden Salad Strawberry Shortcake	Chicken and Rice Beef Stroganoff OR Lemon Dill Flounder *Side Dishes:* Egg Noodles Sautéed Zucchini Pearl Onions Vanilla Frosted Cake	Spinach and White Bean Chicken Francaise OR Filet of Tilapia *Side Dishes:* Roasted Potatoes Garden Vegetables Garden Salad Cream Puffs	Chicken Noodle Rigatoni Bolognese OR Broiled Haddock *Side Dishes:* Rice Pilaf Broccoli Florets Garlic Bread Apple Raspberry Pie	Butternut Squash Southern Fried Chicken OR Western Quiche *Side Dishes:* Creamed Corn Steamed Peas Fresh Fruit Pound Cake	Minestrone Butterfly Shrimp OR Veggie Burger on a Bun *Side Dishes:* Baked Potato Green Beans Cauliflower Cannolis

Week of November 15 - 21, 2026

The Avalon At Hillsborough

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**
Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Hashbrown Patty Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Chicken Broth with Noodles Spring Rolls w/ Dipping Sauce Stir Fried Vegetable Rice and Fortune Cookie OR Homemade Egg Salad Platter Over Garden Greens with Crackers on the Side Sliced Peaches	Hearty Vegetable Sausage and Peppers Sub with French Fries and Pickles OR Tuna Fish Sandwich with Lettuce, Tomato, and Potato Chips Snickerdoodle Cookies	Minestrone Philly Cheesesteak with Sautéed Onions and French Fries OR Bologna and Cheese Sandwich with Macaroni Salad and Pickles Sliced Peaches	Autumn Hot Pastrami on Rye with Potato Chips and Cucumber Salad OR Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette Fruited Jell-O	Oven Roasted Turkey with Stuffing, Candid Yams, and Green Beans OR Cheese Raviolis with Marinara Sauce, Parmesan, and Garlic Bread Pumpkin Pie	Turkey and Rice Grilled Cheese with Tomato, Bacon, and Potato Chips OR Lemon Dill Chicken Salad Over Garden Greens with Your Choice of Dressing Chocolate Chip Cookies	Autumn Lobster Roll on a Bun with Corn Niblets and Coleslaw OR Fresh Fruit and Cottage Cheese Platter Red Velvet Cake
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Potato Leek Stuffed Cabbage OR Fettuccini Alfredo *Side Dishes:* Brussels Sprouts Steamed Carrots Garlic Bread Blueberry Pie	Italian Wedding Oven Roasted Turkey OR Stuffed Flounder *Side Dishes:* Mashed Potatoes Asparagus Cranberry Sauce Cheesecake	Stuffed Pepper Pepper Steak OR Arrancini w/ Marinara *Side Dishes:* Steamed Rice Pearl Onions Broccoli Florets Marble Pound Cake	Matzo Ball Meatloaf with Gravy OR Eggplant Rollatini *Side Dishes:* Mashed Potatoes Stewed Tomatoes Corn Niblets Fresh Baked Cupcakes	Butternut Squash Chicken Marsala OR Brown Sugar Glazed Salmon *Side Dishes:* Roasted Potatoes Roasted Yellow Squash Garden Salad Cherry Pie	Chicken Broth with Noodles Pork Loin with Gravy OR Sole Almandine *Side Dishes:* Candid Yams Braised Red Cabbage Applesauce Banana Cake	Chicken Gumbo Fettuccine Alfredo OR Cheese Pizza *Side Dishes:* Garden Peas Steamed Carrots Garlic Bread Boston Cream Pie

Week of November 22 - 28, 2026

The Avalon At Hillsborough

November 2026
Menu Selections

SUNDAY, November 29	MONDAY, November 30					
BREAKFAST	**BREAKFAST**					
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam					
LUNCH	**LUNCH**					
Manhattan Clam Chowder Angel Hair Pasta w/ Marinara Sauce, Garlic Bread and a Side Salad OR Roast Beef Sandwich with Horseradish Sauce, Three Bean Salad and a Pickle	Potato Leek Shrimp Po'Boy Sandwich with Homemade Potato Salad and a Pickle OR Grilled Chicken and Peach Salad with Corn Over Garden Greens					
DINNER	**DINNER**					
Butternut Squash Creamy Chicken Stroganoff OR Baked Tilapia *Side Dishes:* Egg Noodles Sautéed Zucchini Dinner Roll Coconut Cake	Minestrone Beef Goulash OR Cheese Pizza *Side Dishes:* Elbow Noodles Steamed Carrots Garden Salad Tiramisu					

Week of November 29 - December 5, 2026