The Avalon At Hillsborough

October 2026
Menu Selections

Thursday, October 1	Friday, October 2	Saturday, October 3
BREAKFAST	**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	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
LUNCH	**LUNCH**	**LUNCH**
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**
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

Week of September 27 - October 3, 2026

The Avalon At Hillsborough

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**
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 Hash brown 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
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 —*** Antipasto Salad with Ham, Salami, Olives, Roasted Peppers and Mozzarella 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	Manhattan Clam Chowder 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**
Minestrone Homemade Chili ***— OR —*** Fish Florentine **Side Dishes:** Scalloped Potatoes Greens Beans Cornbread Caramel Apple Crumb Cake	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

Week of October 4 - 10, 2026

The Avalon At Hillsborough

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**
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 Hash brown 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
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 & Bleu Cheese Salad with Cherry Tomatoes with Your Choice of Dressing Sliced Pears	Hearty Vegetable Sausage and Peppers Sub with French Fries and Pickles *— OR —* Tuna Fish Sandwich with Lettuce, Tomato, and Potato Chips Snickerdoodle Cookies	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	Cream of Broccoli Grilled Chicken Caesar Wrap with Pasta Salad and Potato Chips *— OR —* Chef's Salad Platter Over Garden Greens with Your Choice of Dressing Rice Pudding	Stuffed Pepper Meatball Parmesan Sub w/ Sundried Tomato Orzo Salad and Pickles *— OR —* Tortellini Caprese Salad w/ Spinach and Mozzarella in A Balsamic Glaze Cheesecake	Manhattan Clam Chowder Grilled Reuben Sandwich on Rye with Beet Salad *— OR —* Waldorf Chicken Salad with Apples and Cranberries Over Garden Greens Mandarin Oranges	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
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Matzo Ball Rotisserie Chicken *— OR —* Kielbasa with Sauerkraut **Side Dishes:** Roasted Potatoes Glazed Carrots Steamed Asparagus Pecan Pie	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	Matzo Ball Chicken Cordon Bleu *— OR —* Pierogies with Onions **Side Dishes:** Roasted Potatoes Garden Vegetables Garden Salad Peach Pie	Chicken Noodle Rigatoni Bolognese *— OR —* Broiled Haddock **Side Dishes:** Rice Pilaf Broccoli Florets Garlic Bread Apple Raspberry Pie	Butternut Squash Corn Beef and Cabbage *— OR —* Baked Ziti **Side Dishes:** Baby Boiled Potatoes Steamed Carrots Pearl Onions Pound Cake

Week of October 11 - 17, 2026

The Avalon At Hillsborough

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**
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 Hash brown 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
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Tuscan Bread Lobster Roll on a Bun with Corn Niblets and Coleslaw *— OR —* Fresh Fruit and Cottage Cheese Platter Red Velvet Cake	New England Clam Chowder Roasted Turkey, Stuffing and Cranberry Sauce Sandwich with Sweet Potato Fries *— OR —* Antipasto Salad with Ham, Salami, Olives, Roasted Peppers and Mozzarella Brownie	Hearty Vegetable Hot Pastrami on Rye with Potato Chips and Cucumber Salad *— OR —* Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette Banana Pudding	Beef Barley Patty Melt with Swiss Cheese & Sautéed Onions on Marble Rye with French Fries *— OR —* Tuna Fish Sandwich on White Toast with Potato Chips and Pickles Peaches and Cream	Carrot Dill Grilled Chicken, Roasted Pepper, and Mozzarella Sub with Pesto Pasta Salad *— OR —* Taco Salad with Guacamole, Salsa, and Sour Cream Over Garden Greens Sliced Pears	Tomato Spring Rolls w/ Dipping Sauce Stir Fried Vegetable Rice and Fortune Cookie *— OR —* Southwest Chicken Salad with Corn, Black Beans, Red Pepper, & Romaine Lettuce Sliced Peaches	Cream of Broccoli Quiche Lorraine with Fresh Fruit Salad On the Side *— OR —* Italian Sub Sandwich with Potato Chips and Pickles Tapioca Pudding
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Minestrone Butterfly Shrimp *— OR —* Veggie Burger on a Bun **Side Dishes:** Baked Potato Green Beans Cauliflower Cannolis	Chicken Gumbo Fettuccine Alfredo *— OR —* Stuffed Flounder **Side Dishes:** Garden Peas Steamed Carrots Garlic Bread Boston Cream Pie	Sausage, Potato, and Cabbage 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 Orange Frosted Cake	Chicken Noodle Filet Mignon *— OR —* Cavatelli and Broccoli **Side Dishes:** Baked Potato Broccoli Florets Garden Salad Boston Cream Pie	Italian Wedding Chicken Cacciatore *— OR —* Broiled Cod Loin **Side Dishes:** Scalloped Potatoes Steamed Carrots Green Beans Strawberries and Cream	French Onion Homemade Lasagna *— OR —* Baked Haddock **Side Dishes:** Skillet Potatoes String Beans Garlic Bread Ice Cream Sundae

Week of October 18 - 24, 2026

The Avalon At Hillsborough

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**
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 Hash brown 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
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Split Pea Fish and Chips with Tartar Sauce and Lemon Wedge *— OR —* Chef's Salad Platter Over Garden Greens with Your Choice of Dressing Apple Pie	Hearty Vegetable Chicken Tenders with Honey Mustard, French Fries, and Pickles *— OR —* Liverwurst and Onions on Rye with Celery Apple Salad Chocolate Cake	Chicken Broth with Noodles Shrimp Stir Fry Served Over Steamed Rice with egg Roll and Fortune Cookie *— OR —* Grilled Steak & Bleu Cheese Salad with Cherry Tomatoes with Your Choice of Dressing Peaches and Cream	Cream of Broccoli Homemade Sloppy Joe on a Bun with Potato Chips and Pickles *— OR —* Shrimp Caesar Salad with Parmesan Cheese and Croutons Cherry Pie	Stuffed Pepper 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	Autumn Lobster Roll on a Bun with Corn Niblets and Coleslaw *— OR —* Fresh Fruit and Cottage Cheese Platter Oatmeal Raisin Cookies	Minestrone BBQ Riblet Sandwich with Corn Niblets and Coleslaw *— OR —* Turkey and Cheese Club Sandwich w/ Macaroni Salad and Pickles Pistachio Pudding
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Manhattan Clam Chowder Honey Pork *— OR —* Sole Almandine **Side Dishes:** Mashed Potatoes Snap Peas Dinner Roll Lemon Pound Cake	Matzo Ball Cheese Pizza *— OR —* Kielbasa with Sauerkraut **Side Dishes:** Roasted Potatoes Glazed Carrots Steamed Asparagus Pecan Pie	Potato Leek Linguini w/ White Clam Sauce *— OR —* Chicken Cutlet **Side Dishes:** Corn Casserole Broccoli Florets Dinner Roll Strawberry Shortcake	Spinach and White Bean BBQ Spare Ribs *— OR —* Pierogies with Onions **Side Dishes:** Baked Sweet Potato Green Beans Garden Salad Tiramisu	Chicken Noodle Filet Mignon *— OR —* Cavatelli and Broccoli **Side Dishes:** Baked Potato Broccoli Florets Garden Salad Chocolate Nut Brownie	Tomato Soup Butterfly Shrimp *— OR —* Veggie Burger on a Bun **Side Dishes:** Baked Potato Green Beans Cauliflower Cannolis	Chicken Gumbo Pepper Steak *— OR —* Arrancini w/ Marinara **Side Dishes:** Steamed Rice Pearl Onions Broccoli Florets Coconut Custard Pie

Week of October 25 - 31, 2026