The Avalon At Hillsborough

September 2026
Menu Selections

TUESDAY, September 1	WEDNESDAY, September 2	THURSDAY, September 3	FRIDAY, September 4	SATURDAY, September 5
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Western Omelet Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Waffles Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Muffins Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Blueberry Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	French Toast Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Beef Vegetable Soup Antipasto Salad Pork roll, Egg, & Cheese Tator Tots Garden Salad Chocolate Chip Cookies Fresh Fruit	Seafood Bisque Antipasto Salad Pork roll, Egg, & Cheese Tator Tots Garden Salad Chocolate Chip Cookies Fresh Fruit	Carrot Dill Soup Italian Sub Sandwich Tuna Melt Sandwich Plain Potato Chips Bread & Butter Pickles Garden Salad Vanilla Pudding Fresh Fruit	Tomato Soup Waldorf Chicken Salad w/Pecans Grilled Cheese with Bacon & Tomato French Fries Cucumber Salad Garden Salad Chilled Diced Pears Fresh Fruit	Hearty Vegetable Soup Chef Salad Bowl French Bread Cheese Pizza Bread & Butter Pickles Garden Salad Vanilla Ice Cream Sandwich Fresh Fruit
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Butternut Squash Soup Baked Cod with Lemon Garlic Sauce Smothered Pork Chop Potato Wedges Carrots Braised Red Cabbage Garden Salad Pistachio Cake Fresh Fruit	Chicken Noodle Soup Roast Beef Sole PIccata Garlic Mashed Potatoes Pearl Onions Herbed Green Beans Garden Salad Boston Cream Pie Fresh Fruit	Minestrone Soup Red Snapper w/Lemon BBQ Pork Ribs Candied Yams Corn Cobbette Harvard Beets Garden Salad Ambrosia Fresh Fruit	Potato Leek Soup Angel Pasta/Marinara Chicken Cacciatore Angel Hair Pasta Hawaiian Roll Prince Edward Vegetable Mix Garden Salad Brownie Fresh Fruit	Lentil Soup Broiled Yellowtail Tuna Turkey Tetrazzini Egg Noodles Cauliflower Green Beans Garden Salad Cheese Cake Fresh Fruit

Week of August 30 - September 5, 2026

The Avalon At Hillsborough

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**
Breakfast Sandwich Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Western Omelet Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Waffles Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Muffins Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Blueberry Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	French Toast Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
Chicken Rice Soup Grilled Chicken Artichoke Salad Lobster Roll Potato Chips Coleslaw Garden Salad Fruited Gelatin Fresh Fruit	Hot Dog on Bun Oven-Fried Chicken Potato Salad Corn Cobbette Sauerkraut Garden Salad Watermelon Fresh Fruit	French onion Soup Tuna Salad Platter Mushroom Swiss burger On Bun Tator Tots Beet & onion Salad Garden Salad Tropical Fruit Cup Fresh Fruit	Manhattan Clam Chowder Roast Beef on White Tempura Shrimp Salad Potato Chips Bread & Butter Chips Garden Salad Cranberry Orange Cookies Fresh Fruit	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	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 Sausage and Peppers Sub with French Fries and Pickles ***— OR —*** Tuna Fish Sandwich with Lettuce, Tomato, and Potato Chips Snickerdoodle Cookies
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
Tomato Tortellini Soup Shrimp Scampi Chicken Kiev Scalloped Potatoes Angel Hair Pasta Garden Blend Vegetables Garden Salad Pecan Pie Fresh Fruit	Beef Vegetable Soup Lemon Sole Herb Roasted Lamb Chop Cheddar Mashed Potatoes Prince Edward Vegetable Mix Garden Salad Lemon Pound Cake Fresh Fruit	Chicken Noodle Soup Crab Cake Stuffed Shells & Sauce Garlic Bread Roasted Red Potatoes Seasoned Broccoli Florets Garden Salad Tiramisu Fresh Fruit	Tomato Soup Stuffed Sole Fish Chicken Francaise Mashed Potatoes Creamed Spinach Mixed Vegetables Garden Salad Strawberry Shortcake Fresh Fruit	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	Potato Leek Linguini w/ White Clam Sauce ***— OR —*** Chicken Cutlet **Side Dishes:** Corn Casserole Broccoli Florets Dinner Roll Tiramisu

Week of September 6 - 12, 2026

The Avalon At Hillsborough

September 2026
Menu Selections

SUNDAY, September 13	MONDAY, September 14	TUESDAY, September 15	WEDNESDAY, September 16	THURSDAY, September 17	FRIDAY, September 18	SATURDAY, September 19
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Breakfast Sandwich Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Western Omelet Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Waffles Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Muffins Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Blueberry Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	French Toast Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**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	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
DINNER	**DINNER**	**DINNER**	**DINNER**	**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	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

Week of September 13 - 19, 2026

The Avalon At Hillsborough

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**
Breakfast Sandwich Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Western Omelet Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Waffles Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Muffins Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Blueberry Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	French Toast Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**
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 Sausage and Peppers Sub with French Fries and Pickles ***— OR —*** Penne alla Vodka with Sliced Italian Bread Cheesecake	Split Pea Hot Pastrami on Rye with Potato Chips and Cucumber Salad ***— OR —*** Tempura Shrimp Salad with Mandarins, Cucumbers, and Sesame Vinaigrette Fruited Jell-O	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	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
DINNER	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**
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	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

Week of September 20 - 26, 2026

The Avalon At Hillsborough

September 2026
Menu Selections

SUNDAY, September 27	MONDAY, September 28	TUESDAY, September 29	WEDNESDAY, September 30
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Breakfast Sandwich Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Pancakes Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Western Omelet Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit	Waffles Egg of Choice Pork Roll Sausage Patty Bacon Oatmeal Cream Of Wheat Various Cold Cereal Fresh Fruit
LUNCH	**LUNCH**	**LUNCH**	**LUNCH**
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 Macaroni and Cheese with Steamed Carrots and Cauliflower ***— OR —*** Smoked Salmon Platter with Hardboiled egg, Capers, Red Onions Over Garden Greens Ice Cream Cone
DINNER	**DINNER**	**DINNER**	**DINNER**
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

Week of September 27 - October 3, 2026