

January 2025 Menu Selections



			WEDNESDAY, January 1	THURSDAY, January 2	FRIDAY, January 3	SATURDAY, January 4
			BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
			HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Danish Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffle Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB
			LUNCH	LUNCH	LUNCH	LUNCH
			Chicken Noodle Penne Pasta w/Italian Sausage Parmesan Cheese and Warm Breadsticks OR Turkey Cranberry Wrap with Carrot, Raisin Salad and Pickles Tropical Fruit	Matzo ball Grilled Bologna and Swiss Cheese w/Mustard/Three Bean Salad and Chips OR Chopped Cobb Salad w/ Bacon Tomatoes/Hardboiled Eggs and Chicken Fresh Baked Cookies	Hearty Potato Stuffed Shells w/Marinara Sauce/Parmesan Cheese and Garlic Bread OR Roast Beef Club Sandwich with Potato Salad and Pickles Coconut Custard Pie	Cream of Turkey Flank Steak Sud Sandwich Onion Rings and Macaroni Salad OR HMD Crab Salad Over Mixed Greens Crackers on the Side Mango Sherbet
			DINNER	DINNER	DINNER	DINNER
			Seafood Bisque BBQ Pork Spare Ribs OR Stuffed Sole Side Dishes: Candied Yam Braised Red Cabbage Brussels Sprouts Strawberry Shortcake	Tortellini Orange Chicken OR Baked Cod w/ Tartar Sauce Side Dishes: Steamed White Rice Stir Fry Vegetables Egg Roll SF Fruited Jell-O	Vegetable Beef Stew OR Angel Hair w/Red Sauce Side Dishes: Mashed Potatoes Broccoli Florets Glazed Carrots Peach Cobbler	Italian Wedding Roast Turkey w/Gravy OR Broiled Flounder Side Dishes: Cornbread Stuffing Mashed Potatoes Garden Vegetables Chocolate Pudding

The Avalon
At Bridgewater

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<i>SUNDAY, January 5</i>	<i>MONDAY, January 6</i>	<i>TUESDAY, January 7</i>	<i>WEDNESDAY, January 8</i>	<i>THURSDAY, January 9</i>	<i>FRIDAY, January 10</i>	<i>SATURDAY, January 11</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Muffin Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donut Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Chicken Fritters w/Honey Mustard/Potato Fries and Coleslaw OR HMD Egg Salad Platter with Your Choice of Dressing Crackers on the Side Tapioca Pudding	Beef Mushroom Barley HMD Broccoli and Cheese Quiche with Tossed Salad on the Side/Choice of Dressing OR Grilled Asian Shrimp Salad HMD Cucumber Salad and Potato Chips Red Velvet Cookies	Carrot Dill Roasted Eggplant and Fresh Mozzarella Cheese Sandwich w/Pasta Salad and Pickles OR Turkey and Apple Salad w/ Toasted Walnuts and Ranch Dressing Cream Puffs	Manhattan Clam Chowder Vegetable Lo Mein with Egg Roll OR B.L.T Salad w/HMD Macaroni Salad and Pickles Peaches and Cream	Cream of Broccoli Hot Roast Beef Sandwich w/ HMD Potato Salad and Pickles OR Lobster Tarragon Salad Over Garden Greens with Crackers Ice Cream Bar	Potato leek Tuna Melt on English Muffin with Onion Rings and Coleslaw OR Fresh Fruit and Cottage Cheese Crackers on the Side NAS Vanilla Pudding	Hearty Vegetable Popcorn Shrimp Salad Over Mixed Greens with Cocktail Sauce/Lemon Wedge OR Italian Sub Sandwich on Roll with Potato Chips and Pickles Coconut Crème Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Wild Rice Salisbury Steak OR Linguini w/ Red Clam Sauce Side Dishes: Baked Potato w/Sour Cream Mixed Vegetables Garlic Bread NY Style Cheesecake	Alphabet Chicken Cordon Blue OR Broiled Lemon Cod Side Dishes: Mashed Potatoes Steamed Cauliflower Steamed Peas Ice Cream Scoop	Chicken Noodle Sweet and Sour Pork Chops OR Beef Raviolis w/Marinara Side Dishes: Rice Pilaf Sautéed Zucchini Warm Breadsticks Ambrosia	Butternut Squash Beef Stroganoff OR Herb Garlic Tilapia Side Dishes: Buttered Egg Noodles Broccoli Florets Dinner Roll Carrot cake	Minestrone Cajun Chicken OR Eggplant Parmesan Side Dishes: Roasted Potatoes Creamed Spinach Garlic Bread Pound Cake Ala Mode	Potato Leek Pasta Bolognese OR Baked Haddock w/Tartar Sauce Side Dishes: Boiled Potatoes Corn Kernel Green Beans Marble Cake	Turkey and Orzo Roast Chicken Quarter OR Fettuccini Alfredo Side Dishes: Baked Sweet potato Succotash Braised Red Cabbage Fresh Baked Cookies

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<i>SUNDAY, January 12</i>	<i>MONDAY, January 13</i>	<i>TUESDAY, January 14</i>	<i>WEDNESDAY, January 15</i>	<i>THURSDAY, January 16</i>	<i>FRIDAY, January 17</i>	<i>SATURDAY, January 18</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Banana Nut Muffin Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato Grilled Ruben Sandwich w/ HMD Cucumber Salad and Potato Chips OR HMD Tuna Salad Platter w/Your Choice of Dressing Banana Pudding	Sausage, Cabbage and Potato Bacon, Spinach and Swiss Quiche with Fresh Fruits on the Side OR Ham and Cheese Sandwich on Wheat Bread with Potato Chips and Pickles Boston Crème Pie	New England Clam Chowder Steak and Provolone on Brioche Roll w/French Fries and Coleslaw OR Salmon and Bagel (LOX) w/ Cream Cheese/Capers and Red Onions and Potato Chips Sliced Apricots	Chicken Barley Turkey Chili w/Sour Cream Red Onions/Cheese and Cornbread OR Ciabatta Egg Salad Sandwich w/HMD Beet Salad and Potato Chips NAS Apple Pie	Broccoli and Cheese Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Crab Cake Over Garden Mixed Fresh Lemon Wedge and Tartar Sauce Cranberry Orange Cookies	Beef and Vegetables Chicken Quesadilla with Salsa Sour Cream and Guacamole OR Turkey Salad on Croissant with Cranberry Mayo Carrot Raisin Salad and Pickles Sliced Pears	Chicken Broth w/Noodles BBQ Pork Riblet with Roll HMD Potato Salad and Pickles OR Mediterranean Tuna Salad w/ Feta Cheese/Olives/Chickpea Tomatoes and Cucumber Lemon Bar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean Southern Fried Chicken OR Primavera Pasta Side Dishes: Mashed Potatoes Sautéed Spinach Corn Kernels Tiramisu	French Onion Filet Mignon OR Stew Tilapia Side Dishes: Baked Potato Asparagus Peanut Butter Cookies	Lentil Sesame Chicken OR Penne Ala Vodka Side Dishes: House Special Fried Rice Sugar Snap Peas Warm Breadsticks Coffee Ice Cream	Corn Chowder Macaroni and Cheese OR Butterfly Shrimp Side Dishes: Baked Sweet Potato Creamed Spinach Cauliflower Tapioca Pudding	Split Pea and Ham Turkey Milanese OR Ditalini, Ham and Peas Side Dishes: Garlic Mashed Potatoes Fire Roasted Vegetables Stewed Tomatoes Cupcakes	Matzo Ball Corned Beef and Cabbage OR Stuffed Flounder Side Dishes: Boiled Potatoes Carrots Dinner Roll Chocolate Mousse	Seafood Gumbo Chicken Cacciatore OR Broiled Haddock Side Dishes: Buttered Noodles Green Beans Garlic bread Rice Pudding

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January 2025 Menu Selections



<i>SUNDAY, January 19</i>	<i>MONDAY, January 20</i>	<i>TUESDAY, January 21</i>	<i>WEDNESDAY, January 22</i>	<i>THURSDAY, January 23</i>	<i>FRIDAY, January 24</i>	<i>SATURDAY, January 25</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donuts Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Tortilla Pierogies w/Caramelized Onions/Steamed Peas and Sour Cream OR Turkey Club Sandwich w/ HMD Celery Apple Salad and Pickles Fruit of the Forest Pie	Turkey Noodle California Cheeseburger with Lettuce/Tomato/Potato Fries and Coleslaw OR Crab Louie Salad w/Tomatoes Hardboiled Eggs and Fresh Avocado Banana Pudding	Manhattan Clan Chowder Pepperoni or Cheese Pizza Tossed Salad on the Side Choice of Dressing OR Waldorf Chicken Salad with Fresh Apple/Craisins and Toasted Almonds Red Velvet Cake	Hearty Potato Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad on the Side OR Honey Mustard, Apple, Turkey Sandwich on Multi Grain Bread w/Beet Salad Macadamia Nut Cookies	Pasta Fagioli Grilled Chicken Pesto Melt on Sourdough Bread with Macaroni Salad OR Chef's Salad Platter with Your Choice of Dressing NAS Blueberry Pie	Beef Barley Spaghetti and Meatballs Parmesan Cheese and Warm Breadsticks OR Classic Chicken Caesar Salad Croutons/Hardboiled Eggs Parmesan Cheese and Warm Crackers Churros	Potato Leek Fish and Chips with Tartar Sauce/Lemon Wedge and Coleslaw OR Sloppy Joe on Kaiser Marble Rye w/Three Bean Salad and Potato Chips SF Fruited Jell-O
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Beef Vegetable Pan Seared Crab Cake OR Lasagna Rollettes Side Dishes: Rice Pilaf Garden Vegetable Garlic Bread Tropical Fruit Salad	Split Pea Polska Kielbasa OR Chicken Cutlet Side Dishes: Garlic Mashed Potato Broccoli Florets Dinner Roll Chocolate Chip Cookies	Cream of Celery BBQ Pork Spare Ribs OR Arancini w/Marina Sauce Side Dishes: Baked Sweet Potato Corn on the Cob Garlic Bread Peaches and Cream	White Bean and Spinach Homemade Meatloaf OR Broiled Flounder Side Dishes: Mashed Potatoes Peas w/Mushroom and Onion Apple Dumpling	Chicken Ginger Rice Dijon Maple Salmon OR Smoked Virginia Ham Side Dishes: Au Gratin potatoes Sautéed Zucchini Butterscotch Pudding	Minestrone Chicken Stew OR Sole Filet Side Dishes: Steamed Rice Stewed Tomatoes Steamed Cauliflower Mandarin Oranges	Matzo Ball Yankee Pot Roast OR Manicotti w/Red Sauce Side Dishes: Scalloped Potatoes Mixed vegetables Garlic Bread Chocolate Cake

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January 2025 Menu Selections



<i>SUNDAY, January 26</i>	<i>MONDAY, January 27</i>	<i>TUESDAY, January 28</i>	<i>WEDNESDAY, January 29</i>	<i>THURSDAY, January 30</i>	<i>FRIDAY, January 31</i>	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Danish Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	HOT/COLD Cereal Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Donuts Stewed Prunes Fresh Fruits Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/CC/PB	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
New England Clam Chowder Meatball Parm Sandwich on Roll w/Onion Rings/Coleslaw and Pickles OR Shrimp Over Greens with Mandarin Oranges and Sesame Vinaigrette Fruit Tart	French Onion Baked Ziti w/Ground Beef Marinara Sauce/Parmesan Cheese/ Dinner Roll OR Turkey Cranberry Sandwich on Sourdough Bread w/ Carrot, Raisin Salad and Pickles Oatmeal Raisin Cookies	Cream of Mushroom Turkey Burger with Lettuce Tomato/Sweet Potato Fries and Coleslaw OR Winter Salad with Squash Brussels Sprouts/Pecan Cheese/Oil Vinegar Dressing Ice Cream Sandwich	Chicken Noodle Butterfly Shrimp w/Cocktail Sauce/Roasted Potatoes/Corn and Coleslaw OR Antipasto Salad w/Salami Ham/Mozzarella Cheese Olives and Peppers Sliced Apricots	Matzo Ball Philly Cheesesteak with Sautéed Onions/Potato Salad and Pickles OR Fresh Fruits and Cottage Cheese with Crackers on the Side French Silk Pie	Hearty Potato Grilled Bologna And Swiss Cheese on Roll w/Mustard Three Bean Salad and Chips OR Chopped Cobb Salad Platter with Crispy Bacon Banana Split	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
Lentil and Ham Creamy Tuscan Chicken OR Broiled Flounder Side Dishes: Scalloped Potato Sautéed Cabbage Corn Niblets Blondie Brownie	Lentil Cheese Lasagna OR Fish Florentine Side Dishes: Roasted Potatoes Green Beans Peach Melba	Beef Barley Oven Roasted Chicken Thigh OR Tortellini with Pesto Sauce Side Dishes: Baked Potato Harvard Beets Sautéed Spinach Rice Pudding w/Cinnamon	Seafood Bisque Beef Paprikash OR Filet of Tilapia Side Dishes: Mashed Potatoes Broccoli Florets Glazed Baby Carrots Strawberry Rhubarb Pie	Chicken ala King Orange Chicken OR Baked Cod w/Tartar Sauce Side Dishes: Steamed Rice Stir fry Vegetables Egg Roll SF Fruited Jell-O	Vegetable Pork Loin w/Mint Jelly OR Angel Hair Pasta w/Red Sauce Side Dishes: Candied Yams Sautéed Red Cabbage Brussels Sprouts Bread Pudding	