

The Avalon

At Bridgewater

March 2026 Menu Selections



| SUNDAY, March 1 | MONDAY, March 2 | TUESDAY, March 3 | WEDNESDAY, March 4 | THURSDAY, March 5 | FRIDAY, March 6 | SATURDAY, March 7 |
|---|--|---|--|---|--|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Breakfast Sandwich Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Danish Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Apple Turnover Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage French Toast Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Peach Muffin Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Donut Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Potato and Cheese Fish and Chips with French Fries and Coleslaw Tartar Sauce/Lemon Wedge OR Chicken Salad Sandwich on Croissant w/Lettuce and Tomato/Potato Chips and Pickles Butterscotch Pudding | Moroccan Chickpea Muffalata Sandwich with Italian Pasta Salad and Pickles OR Strawberry and Avocado Salad Over Mixed Greens with Walnuts/Choice of Dressing Chocolate Cake | French Onion Grilled Chicken Panini on Sourdough Bread with Macaroni Salad and Pickles OR LOX Salmon and Bagel with Red Onions and Cream Cheese Macaroni Salad and Pickles Diced Peaches | Manhattan Clam Chowder Italian Sausage with Onions and Peppers/Roasted Potatoes and Dinner Roll OR Classic Caesar Salad with Hardboiled Eggs/Croutons and Parmesan Cheese Crackers on the Side Banana Split | Split Pea Ham and Cheese Slider with Potato Salad and Pickles OR Egg Salad Over Garden Greens Choice of Dressing/Crackers on the Side Sliced Apricots | Beef Barley Salmon Burger with Lettuce Tomato/Onions/Dijon Mustard Coleslaw and Pickles Or Mediterranean Salad w/Olives Chickpeas/Artichokes/Tomato Cucumber/Onions and Feta Cheese/Crackers Pound Cake | Tuscan Bread Chicken Tenders w/Honey Mustard/Onion Rings Cranberry Apple Salad OR Cuban Sandwich on Steak Roll w/ Swiss Cheese /Pickles Cranberry Apple Salad/Onion Rings Ice Cream Sandwich |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Vegetable Chicken Francaise Or Lasagna Rolette | White Bean and Spinach Yankee Pot Roast OR Pan Seared Crab Cakes | Turkey and Orzo Pork Stew (Menudo Style) OR Baked Tilapia | Butternut Squash Roasted Chicken Quarters OR Cavatelli w/Sundried Tomatoes and Spinach | Minestrone Chili Con Carne Or Sole Almandine | Cream of Broccoli Shrimp Scampi OR Chicken Cordon Blue | Tomato and Carrot Spaghetti and Meatballs OR Garlic Maple Salmon |
| Side Dishes: | Side Dishes: | Side Dishes: | Side Dishes: | Side Dishes: | Side Dishes: | Side Dishes: |
| Roasted Potatoes Broccoli Florets Warm Breadsticks Apple Crisp | Mashed Potatoes Green Beans Stewed Tomatoes SF Jell-O | Steamed White Rice Garden Vegetable Tartar Sauce/Lemon Wedge Macadamia Nut Cookies | Scalloped Potatoes Sautéed Zucchini Garlic Bread Vanilla Pudding | Boiled Potatoes Seasoned Succotash Cornbread/Sour Cream Carrot Cake | Rice Pilaf Garden Vegetables Dinner Roll NY Style Cheesecake | Roasted Wedge Potatoes Brussels Sprouts Breadsticks Diced Pears |

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| SUNDAY, March 8 | MONDAY, March 9 | TUESDAY, March 10 | WEDNESDAY, March 11 | THURSDAY, March 12 | FRIDAY, March 13 | SATURDAY, March 14 |
|---|---|---|---|---|--|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage French Toast Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Blueberry Pancakes Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Danish Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Breakfast Sandwich Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Apple Turnover Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Banana Nut Muffin Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Cinnamon Roll Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Lentil Grilled Ruben Sandwich on Rye w/Sauerkraut/Mustard Macaroni Salad and Pickles Or Beets Salad Over Greens w/ Turkey/Tomatoes/Onions Apples and Walnut Balsamic Vinaigrette Cannolis | Turkey Noodle Cheese/Pepperoni Thin Pizza with Fresh Tossed Salad/Choice of Dressing OR Grilled Ham Cheese and Tomato Sandwich on Marble Rye w/Cucumber Salad and Potato Chips NAS Apple Pie | Pasta Fagioli Turkey Club Sandwich on White Toasted Bread with Potato Chips and Pickles OR Waldorf Chicken Salad Over Mixed Greens w/Apples Craisins/Choice of Dressing Peaches and Cream | Ramen Noodles Grilled Cheese and Tomato with Caesar Salad on the Side OR Tuna Nicoise Salad w/Boiled Potatoes/Green Beans/Onions Olives/Peppers/Dijon Mustard Vinaigrette Dressing Rice Pudding | Potato Leek French Dip Sub Sandwich w/ Au Jus Sauce/Potato Salad and Pickles OR Fresh Mozzarella and Tomato Basil Platter with Balsamic Vinaigrette/Crackers Coffee Ice Cream | Matzo Ball Broccoli and Cheese Quiche with Fresh Tossed Salad and Crackers OR Chef's Salad Platter w/Ham and Turkey/Choice of Dressing Dinner Roll Fudge Brownies | New England Clam Chowder Chicken Philly steak w/Swiss Cheese/Mushrooms/Sautéed Onions/Sweet Potato Fries and Pickles OR Fresh Fruits and Cottage Cheese Platter Strawberry Rhubarb Pie |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Chicken Gumbo Smothered Pork Chops Or Cod Loin Side Dishes: Garlic Mashed Potatoes Broccoli Florets Tartar Sauce/Lemon Wedge SF Fruited Jell-O | Cream of Mushroom Roasted Lamb w/Mint Jelly Or Baked Haddock Side Dishes: Roasted Potatoes Artichokes Hearts Glazed Carrots Raspberry Sherbet | Chicken Broth and Vegetables Roast Pork Loin w/Gravy OR Butterfly Shrimp Side Dishes: Candied Yam Collard Greens Cocktail Sauce/Lemon Wedge Chocolate Chip Cookies | Corn and Spinach Chicken Piccata OR Stuffed Shells Side Dishes: Rice Pilaf Garden Vegetables Garlic Bread Lemon Cake | Split Pea Beef Stew OR Broiled Flounder Side Dishes: Buttered Egg Noodles Sautéed Zucchini Tartar Sauce/Lemon Wedge Apple Dumpling Ala Mode | Minestrone Stuffed Sole OR Omelet Made to Order Side Dishes: Creamy Polenta Asparagus Dinner Roll Boston Cream Pie | Seafood Bisque Homemade Meatloaf w/Gravy OR Honey Maple Salmon Side Dishes: Au Gratin Potatoes Cauliflower Green Beans Chocolate Mousse and Cream |

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| SUNDAY, March 15 | MONDAY, March 16 | TUESDAY, March 17 | WEDNESDAY, March 18 | THURSDAY, March 19 | FRIDAY, March 20 | SATURDAY, March 21 |
|---|--|---|---|---|--|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage French Toast Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Danish Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Breakfast Sandwich Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Apple Turnover Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Donut Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Blueberry Muffin Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Corn Chowder Hot Dog on a Bun with Sauerkraut/Mustard/Baked Beans and Coleslaw Or Homemade Seafood Salad Platter Over Garden Greens w/ Lemon Wedge Oatmeal Raisin Cookies | French Onion Quiche Lorraine with Fresh Fruits on the Side OR Roasted Eggplant and fresh Mozzarella Sandwich with Potato Chips and Pickles Tapioca Pudding | Split Pea with Ham Corned Beef and Cabbage w/Boiled Potatoes/Carrots w/Horseradish Sauce OR Pesto Pasta w/Burrata Cheese with Warm Breadsticks Chocolate Mint Cream Pie | Beef Barley Tuna Salad on Croissant with Cucumber Salad and Potato Chips OR Turkey and Apple Salad with Toasted Almonds and Ranch Dressing Ice Cream Cone | Broccoli and Cheese Monte Cristo Sandwich w/ Apple Celery Salad and Potato Chips OR Lobster Cobb Salad w/Bacon Cucumbers/Tomatoes/HB Eggs and Avocado Diced Peaches | Hearty Vegetable Shrimp Po' Boy Sandwich w/Corn on the Cob and Pickles OR Homemade Egg Salad Platter Over Mixed Greens Choice of Dressing Vanilla Pudding | Chicken and Orzo Open Faced Turkey Sandwich w/Cranberry Sauce/Sweet Potato Fries/Coleslaw OR Fresh Fruits and Cottage Cheese/crackers on the Side Pecan Pie |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Chicken and Rice Burger Steak w/Creamy Mushroom Gravy Or Baked Manicotti <i>Side Dishes:</i> Baked Potato Broccoli Florets Garlic Bread Asst. Cheesecake | Manhattan Clam Chowder Chicken Stew OR Broiled Lemon Cod <i>Side Dishes:</i> Rice Pilaf Steamed Cauliflower Tartar Sauce/Lemon Wedge Mandarin Oranges | Alphabet Shepherd's Pie OR Fettuccini Alfredo <i>Side Dishes:</i> Roasted Vegetables Irish Soda Bread Tossed Salad Cranberry Orange Cookies | Butternut Squash Shrimp and Broccoli OR Filet of Sole <i>Side Dishes:</i> Steamed White Rice Creamed Spinach Steamed Carrots Carrot Cake | Minestrone Pan Fried Pork Chops OR Eggplant Rollatini <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Green Beans Pound Cake Ala Mode | Potato Leek Beef Stroganoff OR Haddock Margherita <i>Side Dishes:</i> Buttered Egg Noodles Sautéed Zucchini Tartar Sauce/Lemon Wedge Tropical Fruit Salad | Pasta Fagioli Stuffed Peppers OR Baked Flounder <i>Side Dishes:</i> Roasted Potatoes Succotash Garlic bread Snickerdoodle Cookies |

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| SUNDAY, March 22 | MONDAY, March 23 | TUESDAY, March 24 | WEDNESDAY, March 25 | THURSDAY, March 26 | FRIDAY, March 27 | SATURDAY, March 28 |
|---|--|---|---|---|--|---|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage French Toast Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Strawberry Pancakes Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Danish Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Breakfast Sandwich Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Apple Turnover Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Corn Muffin Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage French Toast Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Tomato BLT Sandwich with Homemade Cucumber Tomato Salad and Potato Chips Or Tuna Salad Platter Over Greens/Choice of Dressing Crackers on the Side NAS Vanilla Pudding | Sausage, Cabbage and Potato Cowboy Quiche with Fresh Fruit Salad on the Side OR Turkey Salad on Croissant Sandwich w/Carrots, Raisin Salad and Pickles Lemon Meringue Pie | Manhattan Clam Chowder BBQ Pork Riblet Sandwich on Hoagie Roll w/Onion Rings and Pickles OR Sesame Chicken Fritters Over Mixed Greens w/Mandarin Orange and Sesame Dressing Diced Pears | Beef Barley Chicken Parmesan Over Pasta w/Marinara Sauce Parmesan Cheese and Garlic Bread OR Grilled Vegetable Wrap w/ Macaroni Salad and NAS Apple Pie | Cream of Broccoli California Cheeseburger w/ Lettuce/Tomato/Mayo Onion Rings and Coleslaw OR Chicken Caesar Salad with Croutons/HB Eggs and Parmesan Cheese Black Forest Cake | Crab and Corn Liverwurst and Onions on Rye Bread w/Potato Salad and Pickles OR Grilled Shrimp Over Mixed Greens /Choice of Dressing Churros | Chicken Broth and Noodles Sausage and Peppers Sub with French Fries and Pickles OR Apple and Ham Salad with Dijon Mustard Vinaigrette and Toasted Walnuts Mango Sherbet |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| White Bean and Spinach Southern Fried Chicken Or Pasta Carbonara Side Dishes: Mashed Potato w/ Gravy Corn Niblets Collard Greens Tiramisu | French Onion Sweet and Sour Meatballs OR Sole Piccata Side Dishes: Rice Pilaf Garden Peas Sautéed Peppers and Onions Peanut Butter Cookies | Lentil Turkey Divan OR Ditalini, Ham and Peas Side Dishes: Au Gratin Potato Sautéed Yellow Squash Warm Breadsticks Mint Chocolate Ice Cream | Corn Chowder Macaroni and Cheese OR Coconut Shrimp Side Dishes: Baked Sweet Potatoes Creamed Spinach Cauliflower Tapioca Pudding | Vegetable Pork and Green Beans Stir Fry OR Tilapia Filet Side Dishes: Steamed White Rice Sautéed Bok Choy Stewed Tomatoes Brownies | Tortellini Chicken Marsala OR Arancini Ball w/Marinara Side Dishes: Roasted Potatoes Sautéed Spinach Green Beans Banana Pudding | Italian Wedding Pot Roast w/Gravy OR Broiled Flounder Side Dishes: Boiled Potatoes Garden Vegetables Dinner Roll Blueberry Crunch Pie |

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At Bridgewater

March 2026 Menu Selections



| <i>SUNDAY, March 29</i> | <i>MONDAY, March 30</i> | <i>TUESDAY, March 31</i> | | | | |
|---|---|---|--|--|--|--|
| BREAKFAST | BREAKFAST | BREAKFAST | | | | |
| HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage French Toast Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Danish Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon /Sausage Belgian Waffle Choice of Toast Fresh Fruit/Stewed Prunes Banana Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr. Cheese | | | | |
| LUNCH | LUNCH | LUNCH | | | | |
| Shrimp Gumbo Pierogies w/Caramelized Onions/Steamed Peas and Sour Cream Or Homemade Egg Salad on Toasted White Bread w/Lettuce and Tomato/Chips/Pickles Coffee Ice Cream Sundae | Cream of Mushroom Stuffed Baked Potatoes with Bacon and Cheddar Cheese/Salad on the Side OR Roast Beef Sub Sandwich w/ Horseradish Mayo/ Potato Salad and Pickles Strawberry Shortcake | Matzo Ball Baked Ziti with Marinara Sauce/Parmesan Cheese and Garlic Bread OR LOX Salmon and Bagel with Red Onions and Cream Cheese Macaroni Salad and Pickles Sliced Apricots | | | | |
| DINNER | DINNER | DINNER | | | | |
| Split Pea Chicken Ala King Or Pan Seared Crab Cakes Side Dishes: Scalloped Potatoes Corn Niblets Sautéed Zucchini Chocolate Pudding | Beef Vegetables Cheese Lasagna OR Salmon w/Dill Sauce Side Dishes: Roasted Potatoes Green Beans Beets Peach Melba | Pasta Fagioli Rotisserie Chicken OR Tortellini with Pesto Sauce Side Dishes: Baked Potato Creamed Spinach Brussels Sprouts SF Fruited Jell-O | | | | |