



May 2026 Menu Selections



					Friday, May 1	Saturday, May 2
					BREAKFAST	BREAKFAST
					HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Muffin Choice of Toast Fresh Fruits/Stewed Prunes 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 Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese
					LUNCH	LUNCH
					Mushroom Barley Meatball Parm Sub Sandwich w/Waffle Fries and Coleslaw OR Crab Louise Salad w/Tomatoes Hardboiled Eggs/Lettuce and Fresh Avocado NAS Apple Pie	Potato Leek Stuffed Baked Potato with Bacon and Cheese Garden Salad on the Side OR Sloppy Joe on Kaiser Roll w/Three Bean salad and Potato Chips Macadamia Nut Cookies
					DINNER	DINNER
					Matzo Ball Corned Beef OR Stuffed Flounder Side Dishes: Boiled Potatoes Steamed Cabbage Glazed Carrots Chocolate Mouse w/Cream	Minestrone Chicken Ala King OR Eggplant Roll w/Marinara Side Dishes: Buttered Egg Noodle Mixed Vegetable Warm Breadsticks Orange Creamsicle

The Avalon
At Bridgewater

May 2026
Menu Selections



<i>Sunday, May 3</i>	<i>Monday, May 4</i>	<i>Tuesday, May 5</i>	<i>Wednesday, May 6</i>	<i>Thursday, May 7</i>	<i>Friday, May 8</i>	<i>Saturday, May 9</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Pork Roll French Toast Choice of Toast Fresh Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Chowder Turkey and Cranberry Club Sandwich w/Sweet Potato Fries and Coleslaw OR Egg Salad Platter with Your Choice of Dressing Crackers on the Side Strawberry Rhubarb Pie	Vegetable Barley Broccoli and Cheddar Quiche with Fresh Mixed Garden Your Choice of Dressing OR Asian Shrimp Salad Wrap w/Cucumber Salad and Chips Banana Pudding	Chicken Ramen Chicken Empanada w/Avocado Salsa and Tortilla Chips OR Carne Asada on Warm Tortilla w/Onions, Cilantro Queso Fresco, Avocado Salsa and Tortilla Chips Custard Flan	Tortellini Minestrone BBQ Pulled Pork on Kaiser Roll with Potato Salad and Pickles OR Fresh Fruits and Cottage Cheese w/Crackers on the Side Black Forest Cake	Split Pea Cheese Pizza with Tossed Salad on the Side Your Choice of Dressing OR Ham and Cheese on Croissant Apple Celery Raisin Salad and Chips Oatmeal Raisin Cookies	Pesto Rice and Beans Chicken Finger Sub Sandwich with Macaroni Salad and Pickles OR Strawberry Spinach Salad Crackers on the Side Your Choice of Dressing Watermelon	Turkey Noodle California Cheeseburger with French Fries and Coleslaw OR Fresh Tomato and Mozzarella Platter w/Fresh Basil Balsamic Vinaigrette Coconut Custard Pie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Lentil Lasagna Rolette OR Pan Seared Crab Cakes <i>Side Dishes:</i> Rice Pilaf Corn Niblets Breadsticks NY Style Cheesecake	Lobster Bisque Chicken and Broccoli Stir Fry OR Herb Garlic Flounder <i>Side Dishes:</i> Steamed Rice Green Beans Tartar Sauce /Lemon Wedge Crisp Apple Ala Mode	Broccoli and Cheese Fettuccini Alfredo w/Bacon Bits OR Veggie Burger <i>Side Dishes:</i> Sweet Potato Fries Lettuce and Tomato Garlic Bread Rice Pudding	Chicken Tortilla Homemade Meatloaf OR Cod Loin w/Tartar Sauce <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Dinner Roll SF Fruited Jell-O	Italian Wedding Slow Cook Teriyaki Pork Ribs OR Cheese Raviolis <i>Side Dishes:</i> Corn on the Cob Braised Red Cabbage Garlic Bread Carrot Cake	Matzo Ball Pepper Steak OR Broiled Haddock <i>Side Dishes:</i> Steamed White Rice Seasoned Broccoli Tartar Sauce and Lemon Mango Sorbet	Manhattan Clam Chowder Chicken Rotisserie OR Linguini w/Red Clam Sauce <i>Side Dishes:</i> Baked Potato w/Sour Cream Roasted Brussels Sprouts Breadsticks Peach Melba



May 2026 Menu Selections



<i>Sunday, May 10</i>	<i>Monday, May 11</i>	<i>Tuesday, May 12</i>	<i>Wednesday, May 13</i>	<i>Thursday, May 14</i>	<i>Friday, May 15</i>	<i>Saturday, May 16</i>
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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese	HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Burrito Choice of Toast Fresh Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Gumbo Brie, Asparagus, Bacon Stuffed Chicken w/Green Beans Roasted Red Potatoes OR Broccoli and Cheddar Quiche w/Fresh Fruits on the Side White Chocolate Blueberry Cheesecake	Beef Mushroom Barley Homemade Egg Salad on Croissant with Potato Chips and Pickles OR Grilled Asian Shrimp Wrap w/Cucumber Tomato Salad and Potato Chips Macadamia Nut Cookies	Carrot and Tomato Roasted Eggplant &Mozzarella Sandwich on Ciabatta Roll w/Pasta Salad and Pickles OR Turkey and Apple Salad with Toasted Walnuts /Choice of Dressing Mini Crème Puffs	Manhattan Clam Chowder Vegetable Lo Mein w/Egg Roll/Soy Sauce and Lemon Wedge OR Bacon Lettuce and Tomato Sandwich w/Macaroni Salad and Chips Diced Pears	Cream of Broccoli Open Faced Roast Beef with Gravy/Onion Rings and Coleslaw OR LOX Smoked Salmon on Toasted Bagel w/Capers Onions and Cream Cheese Ice Cream Cone	Italian Wedding Tuna Melt on English Muffin with Potato Salad and Pickles OR Fresh Fruits and Cottage Cheese Platter with Crackers on the Side Vanilla Pudding	Hearty Vegetable Popcorn Shrimp Over Garden Greens with Cocktail Sauce and Lemon Wedge OR Italian Sub Sandwich on Steak Roll w/Potato Chips and Pickles Banana Split
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Rice Salisbury Steak OR Cheese Ravioli w/Marinara Side Dishes: Scalloped Potatoes Sautéed Yellow Squash Garlic Bread Chocolate Pudding	Alphabet Chicken Cordon Blue OR Broiled Lemon Cod Side Dishes: Mashed Potatoes Steamed Cauliflower Steamed Peas Waffle Ala Mode	Chicken Noodle Smothered Pork Chops OR Baked Manicotti Side Dishes: Rice Pilaf Sautéed Zucchini Glazed Carrots SF Fruited Jell-O	Butternut Squash Beef Mechado (Stew) OR Eggplant Rollata Side Dishes: Steamed White Rice Broccoli Florets Dinner Roll Peach Pie	Minestrone Cajun Chicken Pasta OR Herb Garlic Tilapia Side Dishes: Roasted Seasoned Potatoes Creamed Spinach Warm Breadsticks Brownies	Potato Leek Veal Cutlet w/Gravy OR Honey Garlic Salmon Side Dishes: Creamy Polenta Corn Niblets Green Beans Chocolate Layer Cake	Turkey and Orzo Oven Roast Chicken Quarter OR Stuffed Cabbage Side Dishes: Au Gratin Potatoes Asparagus Dinner Roll Assorted Cake and Pies

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May 2026
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<i>Sunday, May 17</i>	<i>Monday, May 18</i>	<i>Tuesday, May 19</i>	<i>Wednesday, May 20</i>	<i>Thursday, May 21</i>	<i>Friday, May 22</i>	<i>Saturday, May 23</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Cinnamon Roll Choice of Toast Fresh Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato Grilled Ruben Sandwich on Rye w/ Sauerkraut and Swiss Cheese/Cucumber Salad and Potato Chips OR Seafood Salad Platter Choice of dressing Crackers on the Side Butterscotch Pudding	Sausage Cabbage & Potato Bacon, Spinach and Swiss Cheese Quiche w/Fresh Fruits on the Side OR Turkey Lettuce and Tomato on Croissant with Apple, Raisin, Celery Salad & Pickles Boston Crème Pie	Manhattan Clam Chowder Steak and Provolone Melt Sun w/French Fries and Coleslaw OR Salmon and Dill Salad Over Mixed Greens with Lemon Wedge NAS Apple Pie	Split Pea Chili Con Carne w/Sour Cream Red Onions/Cheddar Cheese and Cornbread OR Egg Salad on Whole Grain Wheat w/Potato Chips and Pickles Raspberry Sherbet	Broccoli and Cheese Hotdog on a Bun with Mustard Baked Beans/Sauerkraut and Coleslaw OR Greek Salad w/Salami/Olives Roasted Peppers/Chickpeas and Feta Cheese Cranberry Orange Cookies	Vegetable Chicken Quesadillas with Salsa/Guacamole/Sour Cream OR Berry Salad w/Grilled Chicken Over Garden Greens Choice of Dressing Diced Pears	Chicken Broth w/ Noodles BBQ Riblet Sandwich with Homemade Potato Salad and Pickles OR Tuna Salad Platter Over Mixed Greens/Crackers Choice of Dressing Lemon Bar
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean and Spinach Yankee Pot Roast OR Cavatelli and Broccoli <i>Side Dishes:</i> Mashed Potato w/Gravy Corn Niblets Broccoli Florets Tiramisu	French Onion Filet Mignon OR Baked Herb Tilapia <i>Side Dishes:</i> Baked Potato Sautéed Peppers and Onions Brussels Sprouts Coffee Ice Cream w/Syrup	Lentil Sesame Chicken OR Penne Ala Vodka <i>Side Dishes:</i> Stir Fried Rice Snap Peas Warm Breadsticks Chocolate Chip Cookies	Egg Drop Macaroni And Cheese OR Coconut Shrimp <i>Side Dishes:</i> Baked Sweet Potato Cauliflower Dinner Roll Tapioca Pudding	Cream of Mushroom Turkey Milanese OR Stuffed Sole <i>Side Dishes:</i> Roasted Potatoes Fire Roasted Vegetables Stewed Tomatoes Banana Sheet Cake	Matzo Ball Beef Bourguignon OR Pan Seared Crab Cakes <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Sliced Baguettes Chocolate Mousse w/Cream	Beef Barley Seafood Newburg OR Baked Haddock <i>Side Dishes:</i> Buttered Noodles Garden Peas Garlic Bread Rice Pudding

The *Avalon*
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May 2026
Menu Selections



Sunday, May 24	Monday, May 25	Tuesday, May 26	Wednesday, May 27	Thursday, May 28	Friday, May 29	Saturday, May 30
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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes 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 Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Chowder Pierogies w/Caramelized Onions/Sour Cream Glazed Carrots and Peas OR Bologna and Swiss on Potato Roll w/Apple Celery Raisin Salad and Chips Fruit of the Forest Pie	MEMORIAL DAY BBQ BBQ PORK RIBS OR CHEESEBURGER CORNBREAD COLESLAW/PICKLES MACARONI SALAD Ice Cream Cone	Turkey Noodle Peperoni or Cheese Pizza with Fresh Tossed Salad Choice of Dressing OR Waldorf Chicken Salad Platter w/Fresh Apples, Craisins and Toasted Almonds Assorted Mini Cheesecake	Hearty Potato Loaded Stuffed Potato with Bacon Bits and Cheese Garden Salad on the Side OR Sloppy Joe Sandwich on Kaiser Roll w/Three Bean Salad and Chips Chilled Pineapple Chunks	Pasta Fagioli Grilled Pesto Chicken Melt with Sweet Potato Fries and Pickles OR Chef's Salad Platter w/Ham and Turkey/Choice of Dressing Black Forest Cake	Mushroom Barley Pasta Bolognese with Parmesan Cheese and Garlic Bread OR Crab Louise Salad w/Avocado Hardboiled Eggs/Tomatoes Lettuce and Radish Apple Filled Churros	Manhattan Clam Chowder Fish and Chips with Tartar Sauce/Fresh Lemon Wedge and Coleslaw OR Apple Ham and Swiss on Sourdough Bread Macaroni Salad and Pickles SF Fruited Jell-O
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Beef Vegetable Southern Fried Chicken OR Pasta Primavera Side Dishes: Mashed Potato w/Gravy Corn on the Cob Broccoli Florets Diced Pears	Split Pea Roast Pork w/Vinegar Dip OR Cod Loin w/Tartar Sauce Side Dishes: Steamed Rice Braised Red Cabbage Cauliflower Macadamia Nut Cookies	Chicken and Rice Chicken Kiev OR Polska Kielbasa Side Dishes: Candied Yams Broccoli Florets Creamed Spinach Apple Dumpling Ala Mode	White Bean and Spinach Homemade Meatloaf w/Gravy OR Mushroom Ravioli Side Dishes: Mashed Potato w/Gravy Seasoned Asparagus Warm Biscuit Peaches and Cream	Minestrone Honey Dijon Garlic Pork Loin OR Baked Salmon Side Dishes: Au Gratin Potatoes Sautéed Artichoke Hearts Green Beans Butterscotch Pudding	Lentil Chicken Piccata OR Arancini Ball Side Dishes: Roasted Potatoes Sautéed Zucchini Seasoned Spinach Blueberry Pie	Matzo Ball Beef Stroganoff OR Broiled Stuffed Flounder Side Dishes: Buttered Egg Noodles Stewed Tomatoes Garden Vegetables Pound Cake



May 2026 Menu Selections



Sunday, May 31						
BREAKFAST						
HOT/COLD CEREAL Oatmeal/Cream of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffle Choice of Toast Fresh Fruits/Stewed Prunes Coffee/Tea/Milk/Juice Butter/Jelly/Syrup/Cr Cheese						
LUNCH						
Tomato Grilled Cheese w/Bacon and Tomato w/Macaroni Salad and Chips OR Grain-Quinoa Salad w/Kale Chickpeas/Craisin/Red Onion Celery and Tomato w/Chicken Raspberry Sherbet						
DINNER						
Chicken Noodle Italian Sausage w/Onions and Peppers OR Butterfly Shrimp Side Dishes: Baked Potatoes Braised Beets Dinner Roll NAS Peach Pie						