

# October 2024 Menu Selections



|  |  | <b>TUESDAY, October 1</b>   | <b>WEDNESDAY, October 2</b>   | <b>THURSDAY, October 3</b>  | <b>FRIDAY, October 4</b>  | <b>SATURDAY, October 5</b>   |
|--|--|---|---|---|---|--|
|  |  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   |
|  |  | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>French Toast<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Breakfast Sandwich<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Apple Turnover<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Cranberry Muffin<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Buttermilk Pancakes<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter |
|  |  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   |
|  |  | Butternut Squash<br><br>Grilled Cheese w/Bacon<br>and Tomato/Potato Chips<br>and Coleslaw<br>OR<br>Chicken Waldorf Salad with<br>Craisins, Toasted Almonds<br>and Fresh Apples<br>Peach Melba                           | Manhattan Clam Chowder<br><br>California Cheeseburger with<br>Lettuce/Tomato/Red Onion<br>and French Fries<br>OR<br>Seasoned Fruits and Cottage<br>Cheese Platter<br>Crackers on the Side<br>Boston Cream Pie                 | Cream of Broccoli<br><br>Open Faced Turkey with<br>Gravy/Cranberry Sauce<br>Onion Rings and Pickles<br>OR<br>Caesar Salad with Shrimp<br>Croutons/Hardboiled Egg<br>and Parmesan Cheese<br>Warm Apple Crisp               | Italian Wedding<br><br>Fisherman's Basket with<br>Cod/Fries/Corn and<br>Coleslaw<br>OR<br>Lemon Pepper Chicken Wrap<br>w/Homemade Cucumber<br>Salad and Potato Chips<br>Fresh Baked Cookies                                 | Cream Of Mushroom<br><br>Sloppy Joe Sandwich on<br>Kaiser Roll w/Homemade<br>Potato Salad and Pickles<br>OR<br>Homemade Tuna Salad Platter<br>Over Garden Mixed<br>Crackers on the Side<br>Vanilla Pudding                     |
|  |  | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>  |
|  |  | Chicken Noodle<br><br>Beef Stroganoff Over<br>Buttered Noodles with<br>Warm Biscuit on the Side<br>OR<br>Cheese Pizza<br>with Garden Salad on the Side<br>Choice of Dressing<br>Banana Pudding                          | Carrot Dill<br><br>Crispy Fried Chicken<br>Mashed Potatoes/Corn<br>Green Beans and Roll<br>OR<br>Baked Haddock<br>Tartar Sauce and Fresh<br>Lemon Wedge<br>NAS Chocolate Cake   | Minestrone<br><br>Broiled Cod with Rice<br>Pilaf/Roasted Vegetables<br>and Dinner Roll<br>OR<br>Homemade Lasagna with<br>Marinara Sauce and<br>Warm Breadsticks<br>Rice Pudding   | Hearty Vegetable<br><br>Beef Tenderloin with Gravy<br>Baked Potato/Steamed<br>Asparagus and Roll<br>OR<br>Gnocchi with Pesto Sauce<br>Parmesan Cheese and<br>Garlic Bread<br>Fruit of the Forest Pie                        | Turkey and Orzo<br><br>Baked Manicotti w/Marinara<br>Sauce/Parmesan Cheese<br>and Garlic Bread<br>OR<br>Marinated Chicken Quarters<br>Sweet Potato/Cauliflower<br>Green Beans<br>Sliced Pears                                  |

The *Avalon*  
At Bridgewater

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| SUNDAY, October 6  | MONDAY, October 7   | TUESDAY, October 8  | WEDNESDAY, October 9  | THURSDAY, October 10  | FRIDAY, October 11   | SATURDAY, October 12  |
|--|---|---|---|---|--|---|
| <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  |
| HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Cinnamon Roll<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Danish<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter           | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Blueberry Pancakes<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Breakfast Sandwich<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Apple Turnover<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Corn Muffin<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>French Toast<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter |
| <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   | <b>LUNCH</b>  |
| Chicken Gumbo<br>Chicken Fritters w/Honey<br>Mustard/French Fries<br>Coleslaw<br>OR<br>Italian Sub Sandwich with<br>Potato Chips and<br>Pickles<br><br>Root Beer Floats  | Turkey Noodle<br>Bologna And Swiss on Potato<br>Roll with Macaroni Salad<br>and Pickles<br>OR<br>Mediterranean Tuna Salad<br>w/ Kalamata Olives and<br>Red Wine Vinaigrette<br><br>Lemon Cookies                        | New England Clam Chowder<br>Broccoli and Cheese Quiche<br>with Fresh Fruit on the Side<br>OR<br>Liverwurst and Onion on Rye<br>w/ Cucumber Salad and<br>Potato Chips<br><br>Strawberry Rhubarb Pie                        | Lentil<br>Stuffed Peppers with Red<br>Sauce/Parmesan Cheese<br>and Warm Breadsticks<br>OR<br>Homemade Shrimp Salad<br>Served over Greens<br>Choice of Dressing<br><br>Sliced Pears  | Beef Vegetable<br>Monte Cristo Melt on Sour-<br>dough/ Sweet Potato Fries<br>and Coleslaw<br>OR<br>Cobb Salad w/Cucumber<br>Salad/Tomatoes/Crispy Bacon<br>Guacamole and Diced<br>Turkey<br>Marble Pound Cake         | Cream of Mushroom<br>BBQ Chicken and Cheddar<br>Sandwich on Potato Roll<br>Homemade Potato Salad<br>and Pickles<br>OR<br>Grilled Vegetable Wrap w/<br>Pesto Mayo/Potato Chips<br>and Pickles<br>Banana Pudding     | Tomato and Basil<br>Pierogies with Caramelized<br>Onions/Steamed Peas<br>and Sour Cream<br>OR<br>B.L.T. Club Sandwich with<br>Celery, Apple Salad<br>and Pickles<br><br>Snickerdoodle Cookies                       |
| <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>   |
| Hearty Potato<br>Yankee Pot Roast with<br>Mashed Potatoes/Garden<br>Peas/Carrots and Dinner<br>Roll<br>OR<br>Omelets Made to Order<br>with fresh Fruits and Warm<br>Croissant<br>Coconut Custard Pie                 | Split and Ham<br>Pasta with Butternut Squash<br>Italian Sausage/Tomato<br>Cream Sauce and Parmesan<br>Cheese<br>OR<br>Chicken and Dumplings<br>garden Salad on the Side<br>Your Choice of Dressing<br>Peaches and Cream | Alphabet<br>Sweet and Sour Pork with<br>Steamed White Rice and<br>Mixed Vegetable/Egg roll<br>OR<br>Filet of Tilapia with Tartar<br>Sauce and Fresh Lemon Wedge<br><br>Cannolis   | White Bean and Spinach<br>Angel Hair Bolognese Sauce<br>Parmesan Cheese and<br>Garlic Bread<br>OR<br>Stuffed Sole with Roasted<br>Potato/Steamed Broccoli<br>and Dinner Roll<br>Apple Spice Cake                          | Corn Chowder w/Bacon<br>Roast Pork Loin with Honey<br>Garlic Glazed/Cornbread<br>Stuffing/<br>OR<br>Baked Enchiladas with<br>Garden Salad on the Side and<br>Sour Cream<br>Sugar Free Fruited Jell-O                  | Matzo ball<br>Polska Kielbasa w/Mustard<br>Potato Pancakes/Braised<br>Cabbage/Cauliflower<br>OR<br>Sole Almandine with Tartar<br>Sauce and Fresh lemon Wedge<br><br>Tropical Fruit Salad                           | Minestrone<br>Spaghetti and Meatballs<br>Parmesan Cheese and<br>Garlic Bread<br>OR<br>Chicken Ala King with<br>Tossed Salad and Warm<br>Buttered Biscuit<br>NAS Chocolate Pudding                                   |

The *Avalon*  
At Bridgewater

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| <i>SUNDAY, October 13</i>  | <i>MONDAY, October 14</i>  | <i>TUESDAY, October 15</i>  | <i>WEDNESDAY, October 16</i>  | <i>THURSDAY, October 17</i>   | <i>FRIDAY, October 18</i>  | <i>SATURDAY, October 19</i>  |
|--|--|---|---|---|--|--|
| <b>BREAKFAST</b>   | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>   |
| HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Cinnamon Roll<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Belgian Waffles<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>French Toast<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Breakfast Sandwich<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Danish<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Banana Nut Muffin<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Buttermilk Pancakes<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter |
| <b>LUNCH</b>   | <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   | <b>LUNCH</b>   |
| Turkey Noodle<br>Turkey Chili w/Cheddar<br>Cheese/Red Onions/Sour<br>Cream and Cornbread<br>OR<br>Crispy Cod Sandwich w/Tartar<br>Sauce/Potato Chips<br>and Coleslaw<br>NAS Vanilla Pudding                          | Navy Bean and Ham<br>Homemade Quiche Lorraine<br>with Fresh Fruit on the Side<br>OR<br>Roast Beef on Onion Roll<br>w/Horseradish Mayo<br>Potato Salad and Pickles<br>Sliced Apricots                                   | Chicken and Potato Chowder<br>Homemade Baked Ziti<br>w/Ground Beef/Parmesan<br>Cheese and Garlic Bread<br>OR<br>Crunchy Asia Chicken Salad<br>w/Mandarin Oranges and<br>Sesame Ginger Dressing<br>Orange Sherbet    | Mushroom Beef Barley<br>Chicken and Waffle Melt w/<br>Honey Mustard/Sweet<br>Potato Fries and Coleslaw<br>OR<br>Eggplant Parmesan Sub w/<br>Homemade Macaroni Salad<br>and Pickles<br>Oatmeal Raisin Cookies              | Manhattan Clam Chowder<br>Grilled Ruben Sandwich w/<br>Cucumber Salad and<br>Potato Chips<br>OR<br>Pepperoni or Cheese Pizza<br>with Tossed Salad<br>Choice of Dressing<br>Banana Splits                      | Hearty Vegetable<br>Sausage and Peppers on Hoagie<br>Roll/French Fries/Coleslaw<br>and Pickles<br>OR<br>Tarragon Turkey Salad w/Craisin<br>Walnut and Mandarin Oranges<br>Almond Toasted Cream Cake                      | Italian Wedding<br>Beef and Macaroni with<br>Glazed Carrots/Peas<br>Breadsticks<br>OR<br>Honey Dijon Ham and Brie<br>Sandwich w/ Chickpea<br>Salad and Pickles<br>Rice Pudding   |
| <b>DINNER</b>  | <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>  |
| Cream of Broccoli<br>Roast Turkey w/Gravy<br>Candied Yams/Stuffing<br>Green Beans and Dinner<br>Roll<br>OR<br>Filet of Flounder w/Tartar<br>Sauce and Fresh Lemon<br>Wedge<br>Mandarin Oranges                       | French Onion<br>Shrimp Scampi w/Rice Pilaf<br>Sautéed Zucchini/Stewed<br>Tomatoes and Dinner Roll<br>OR<br>Tortellini Pasta with Marinara<br>Sauce/Parmesan Cheese<br>and Warm Breadsticks<br>Brownies                 | Lentil<br>Corned and Cabbage<br>w/ Boiled Potatoes/carrots<br>and Dinner Roll<br>OR<br>Broiled Cod Loin w/Tartar<br>Sauce and Fresh Lemon Wedge<br>Warm Apple Crisp Ala Mode  | Tomato and Rice<br>Chicken Cordon Blue with<br>Scalloped Potatoes/Garden<br>Peas and Dinner Roll<br>OR<br>Stuffed Cabbage with<br>Red Sauce /Garden Peas<br>and Dinner Roll<br>SF Jell-O w/Whipped Cream                  | Matzo Ball<br>Beef Stew Served Over<br>Egg Noodles with Warm<br>Biscuit<br>OR<br>Lobster Roll w/Corn Niblets<br>Sweet Potato Fries and<br>Coleslaw<br>Chocolate Pudding                                       | Split Pea<br>Country Fried Chicken<br>with Gravy/Mashed Potatoes<br>Sautéed Cabbage and<br>Dinner Roll<br>OR<br>Broiled Salmon with<br>Dill Sauce<br>Assorted Dessert Tray   | Pumpkin Chowder<br>Swedish Meatballs with<br>Buttered Noodles<br>Red Cabbage/Green Beans<br>OR<br>Baked Tilapia with<br>Tartar Sauce and Lemon<br>Wedge<br>Fruit of the Forest Pie   |

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# October 2024 Menu Selections



| SUNDAY, October 20   | MONDAY, October 21  | TUESDAY, October 22   | WEDNESDAY, October 23   | THURSDAY, October 24  | FRIDAY, October 25  | SATURDAY, October 26  |
|--|---|---|---|---|---|---|
| <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  |
| HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Cinnamon Roll<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Raisin Bran Muffin<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Danish<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Apple Turnover<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Blueberry Pancakes<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter             | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>French Toast<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Breakfast Sandwich<br>Fresh Fruits/Banana<br>Stewed Prunes<br><br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter |
| <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  |
| Chicken Noodle<br>Chili Con Carne w/Cheese<br>Sour Cream and Red Onions<br>and Cornbread<br>OR<br>Italian Sub Sandwich with<br>Potato Chips and Cucumber<br>Salad<br>Root Beer Float                                 | New England Clam Chowders<br>Chicken Fritters w/Honey<br>Mustard/ French Fries<br>and Pickles<br>OR<br>Egg Salad Sandwich on<br>Croissant w/Potato Chips<br>and Pickles<br>Pecan Pie                                      | French Onion<br>Stuffed Baked Potato w/ Bacon<br>and Cheddar Cheese<br>Garden Salad on the Side<br>OR<br>Chef's Salad Platter<br>Choice of Dressing<br>Crackers on the Side<br>Peaches and Cream              | Cream Of Mushroom<br>BBQ Riblet on Sub with<br>Corn on the Cob/Coleslaw<br>and Pickles<br>OR<br>Caesar Salad with Shrimp<br>Croutons/Hardboiled Eggs<br>Parmesan Cheese<br>Ice Cream Sundae                           | Chicken and Tortellini<br>Steak and Provolone Sandwich<br>on Toasted Bread with Three<br>Bean Salad/Potato Chips<br>OR<br>Mediterranean Salad w/<br>Salami/Olives/Tomatoes<br>Red Onions and red Vinaigrette<br>Tropical Fruits Salad | Matzo Ball<br>Fish and Chips with Tartar Sauce<br>Corn Niblets and Coleslaw<br>Lemon wedge<br>OR<br>Turkey Club Sandwich<br>Homemade Apple, Celery Salad<br>and Pickles<br>Assorted Buffet Cakes                    | Cream of Turkey<br>Hot Dog on a Bun with<br>Sauerkraut/baked Beans<br>and Coleslaw<br>OR<br>Homemade Tuna Salad<br>Platter w/ Crackers on<br>the Side<br>Boston Crème Pie   |
| <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   | <b>DINNER</b>   |
| Chicken Gumbo<br>Stuffed Shells with Marinara<br>Sauce /Parmesan Cheese<br>and Garlic Bread<br><br>OR<br>Salisbury Steak w/ Gravy<br>Baked Potato/Brussels Sprouts<br>and Dinner Roll<br><br>Tapioca Pudding         | Lentil and Spinach<br>Butterfly Shrimp w/Cocktail<br>Sauce/Baked Potato<br>Steamed Garden Vegetables<br><br>OR<br>Penne Ala Vodka<br>Parmesan Cheese and<br>Garlic Bread<br><br>Homemade Ambrosia                         | Beef Barley<br>Homemade Meatloaf w/<br>Gravy/Mashed Potatoes<br>Green Beans and Carrots<br>Dinner Roll<br>OR<br>Broiled Haddock with Tartar<br>Sauce and Fresh Lemon<br>Wedge<br><br>Pumpkin Spice Cake       | Seafood Bisque<br>Linguini w/White Clam<br>Sauce/Parmesan Cheese<br>and Warm Breadsticks<br><br>OR<br>Pan Seared Crab Cakes<br>with Mixed Vegetables<br>Tartar Sauce and Lemon<br>Wedge<br><br>Chocolate Chip Cookies | Vegetable<br>Chicken Stew with<br>Carrots and Potato Over<br>Steamed White Rice<br>Broccoli<br>OR<br>Boiled Salmon on Garlic and<br>Balsamic with Roast<br>Brussels Sprout /Stewed<br>Tomatoes<br>Strawberry Ice Cream                | Turkey and Orzo<br>BBQ Spare Ribs w/ Roasted<br>Potatoes/Asparagus<br>and Dinner Roll<br><br>OR<br>Cheese Raviolis with<br>Marinara Sauce/Parmesan<br>Cheese and Dinner Roll<br><br>Coconut Custard Pie             | Minestrone<br>Beef Brisket with Au<br>Gratin Potato/ Sautéed<br>Spinach and Coleslaw<br><br>OR<br>Stuffed Sole with Tartar Sauce<br>and Lemon Wedge<br><br>Strawberry Rhubarb Pie   |

The *Avalon*  
At Bridgewater

# October 2024 Menu Selections



| <i>SUNDAY, October 27</i>  | <i>MONDAY, October 28</i>   | <i>TUESDAY, October 29</i>   | <i>WEDNESDAY, October 30</i>  | <i>THURSDAY, October 31</i>   |  |  |
|--|---|--|---|---|--|--|
| <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  |  |  |
| HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Donut<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>French Toast<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Buttermilk Pancakes<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Breakfast Sandwich<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter | HOT/COLD CEREAL<br>Oatmeal/Cream of Wheat<br>Choice of Eggs<br>Bacon/Sausage<br>Apple Turnover<br><br>Fresh Fruits/Banana<br>Stewed Prunes<br>Juice/Coffee/Tea/Milk<br>Butter/Syrup/Jelly/Cr. Cheese<br>Peanut Butter |  |  |
| <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>   | <b>LUNCH</b>  | <b>LUNCH</b>  |  |  |
| Split Pea<br><br>Macaroni and Cheese<br>w/carrots and Peas and<br>Dinner Roll<br>OR<br>Chicken Waldorf Salad on<br>Croissant with Potato<br>Chips and Pickles<br>Peanut Butter Cookies                       | Beef Barley<br><br>Spaghetti and Meat Sauce<br>with Garlic Bread<br><br>OR<br>Crab Cake on Toasted Roll<br>w/Potato Salad/Tartar<br>Sauce and Lemon Wedge<br>Banana Splits  | Butternut Squash<br><br>Roasted Eggplant with Fresh<br>Mozzarella w/Sundried Orzo<br>Salad and Pickles<br>OR<br>Roast Beef Sandwich with<br>Horseradish Mayo/ Fries<br>and Pickles<br>Rice Pudding                         | Cream of Broccoli<br><br>Liverwurst On Rye Bread<br>with Mustard /Potato<br>Chips and Pickles<br>OR<br>Bacon, Ham and Feta Cheese<br>Quiche with Fresh Fruit<br>on the Side<br>Oatmeal Raisin Cookies                     | Tomato<br><br>Mummy Hot Dog with<br>Bean Salad and Sweet Potato<br>Fries/Coleslaw<br>OR<br>Taco Salad w/ Beef<br>Guacamole/Tomatoes/Cheese<br>Olives and Red Onions/Sour<br>Cream<br>Cookies and Cream                |  |  |
| <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>  | <b>DINNER</b>   | <b>DINNER</b>   |  |  |
| Pasta Fagioli<br><br>Chicken Francaise with<br>Rice Pilaf/Harvest Beets<br>Sautéed Zucchini and<br>Dinner Roll<br>OR<br>Arancini Ball with Marinara<br>Sauce<br>Sliced Apricots                              | French Onion<br><br>Grilled Chopped Steak with<br>Mushroom Gravy/Garden<br>Vegetables and Dinner<br>Roll<br>OR<br>Baked Tilapia with<br>Tartar Sauce and Lemon<br>NAS Chocolate Pudding                             | Beef Noodle<br><br>Pork Chop w/Grilled Peaches<br>Baked Potato/Broccoli<br>Florets<br>OR<br>Filet of Flounder with<br>Tartar Sauce and Fresh Lemon<br>Carrot Cake  | Lentil and Spinach<br><br>Beef Stroganoff Over<br>Buttered Noodles<br>warm Biscuit<br><br>OR<br>Cheese Pizza with<br>Tossed Salad on the Side<br>Chocolate Cake   | Minestrone<br><br>Homemade Lasagna Rolette<br>w/ Marinara Sauce and<br>Garlic Bread<br><br>OR<br>Broiled Cod w/ Rice Pilaf<br>Fire Roasted Vegetables<br>Warm Apple Crisp   |  |  |