

Monday, April 1st, 2013

Appetizer

Crispy Wonton Chicken

Savory chicken stuffed in a crispy fried wonton wrap
and served with a sweet and sour sauce

Fresh Vegetable Crudités

Served with a side of ranch dressing

Soups

Black Bean Soup

Puréed black beans slowly simmered with vegetables and chicken stock
Low Sodium 57mg Fiber 1g

Homemade Low Sodium Chicken Noodle or Vegetable Soup

Salads

Asian Salad

Shaved Napa cabbage and romaine lettuce tossed with shredded carrots
and topped with Mandarin oranges, water chestnuts, sprinkled with crispy- fried wonton strips
and served with a sesame ginger dressing
Low Sodium 20mg Fiber 2g

Caesar Salad

Crisp romaine lettuce tossed in a classic Caesar dressing, parmesan cheese and garlic croutons

Tossed Greens

Fresh romaine and iceberg lettuce tossed with tomatoes, cucumbers, cabbage and carrots

Daily Entrée Selections

Fresh Salmon

Grilled, steamed or baked upon request

Chicken Breast

Grilled, steamed or baked upon request

Seasonal Vegetable Plate

Fresh seasonal vegetables, steamed
and served with your choice of starch from today's menu selections

Fresh Fruit Plate

Selection of seasonal fruit served with low fat cottage cheese

Monday, April 1st, 2013

Entrees

Healthy Choice: Pan-Seared Rock Fish

Fresh seared rock fish fillet served over a sweet pea purée
and topped with a crisp chilled carrot salad

Calorie 242 Reduced Sodium 204mg Fiber 1g

French Onion Chicken



Roasted breast of chicken covered with a caramelized onion glacé
and topped with melted Swiss cheese

Calorie 412 Reduced Sodium 211mg Fiber 2g

Corned Beef and Cabbage



Braised tender corned beef served with cabbage, carrots and boiled new potatoes

Calorie 663 Sodium 317 Fiber 7g

Vegetarian Selection: Ricotta, Spinach and Artichoke Heart Lasagna



Layers of fresh pasta, ricotta, mozzarella and parmesan cheese with fresh spinach,
artichoke hearts and marinara sauce

Calorie 335 Sodium 640 Fiber 3g

Grains and Potato Choices

White Rice *Low Sodium 46mg Fiber 1g*

Tortellini with Pesto Sauce *Fiber 1g*



Baked Potato

Baked Yam

Vegetable Choices

Butter Beans *Low Sodium 125mg Fiber 6g*



Creamed Spinach *Reduced Sodium 187mg Fiber 3g*



Vegetable of the week: Lima Beans

Desserts

Gluten-Free Chocolate Cake

Calorie 208 Sugar 21g

NSA Berry Yogurt Tart

Calorie 172 Sugar 13g

Cookie Selection

Caramel Chocolate Pecan

Chocolate Chip

Macadamia Nut

Peanut Butter

Oatmeal Raisin

Ice Cream Flavors

Vanilla

No Sugar Added Vanilla

Chocolate

Weekly Ice Cream: Pistachio

Rainbow Sherbet

Soft Serve Frozen Yogurt: Strawberry

Tuesday, April 2nd, 2013

Appetizer

Roasted Garlic Tomato Spread



Roasted garlic, tomatoes and cream cheese, blended with olive oil and spices and served with gourmet crackers

Reduced Sodium 278 mg

Fresh Vegetable Crudités

Served with a side of ranch dressing

Soups

Pilgrim Turkey Chowder



Tender morsels of turkey slowly simmered with onions, celery and potatoes in a rich turkey stock with a touch of cream

Low Sodium 140mg Fiber 1g

Homemade Low Sodium Chicken Noodle or Vegetable Soup

Salads

Mini Chef's Salad



Romaine lettuce topped with diced ham, cheddar cheese, turkey, black olives, diced hard boiled eggs and served with your choice of dressing

Fiber 1g

Caesar Salad

Crisp romaine lettuce tossed in a classic Caesar dressing, parmesan cheese and garlic croutons

Tossed Greens

Fresh romaine and iceberg lettuce tossed with tomatoes, cucumbers, cabbage and carrots

Daily Entrée Selections

Fresh Salmon

Grilled, steamed or baked upon request

Chicken Breast

Grilled, steamed or baked upon request

Seasonal Vegetable Plate

Fresh seasonal vegetables, steamed and served with your choice of starch from today's menu selections

Fresh Fruit Plate

Selection of seasonal fruit served with low fat cottage cheese

Tuesday, April 2nd, 2013

Entrees

Healthy Choice: Roasted Chicken Breast over Spaghetti Pasta Primavera



Tender roasted sliced breast of chicken served over a fresh mixed vegetable spaghetti pasta primavera and tossed in a creamy pesto sauce

Calorie 456 Reduced Sodium 219mg Fiber 3g

Lamb Shank



Braised tender lamb shank slowly simmered in a savory rich demi glacé

Calorie 343 Reduced Sodium 191mg

Coconut Shrimp

Crispy lightly breaded flash- fried shrimp served with a classic cocktail sauce

Calorie 216 Sodium 648mg

Vegetarian Selection: Pad Thai Stir Fry



Stir- fried vegetables with tofu, eggs, onions, carrots, shiitake mushrooms and bok choy tossed with a classic peanut sauce, served over pad Thai noodles and garnished with green onions

Calorie 559 Reduced Sodium 156mg Fiber 5g

Grains and Potato Choices

Oven Roasted Red Potatoes *Low Sodium 132mg Fiber 2g*

Cilantro Rice Pilaf

Baked Potato

Baked Yam

Vegetable Choices

Roasted Beets *Fiber 1g*

Ratatouille *Reduced Sodium 182mg Fiber 2g*

Vegetable of the week: Lima Beans

Desserts

Mini Mango Peach Pie topped with a Mango Whip

Calorie 284 Sugar 16g

NSA Strawberry Rhubarb Cobbler

Calorie 43 Sugar 3g

Cookie Selection

Caramel Chocolate Pecan

Chocolate Chip

Macadamia Nut

Peanut Butter

Oatmeal Raisin

Ice Cream Flavors

Vanilla

No Sugar Added Vanilla

Chocolate

Weekly Ice Cream: Pistachio

Rainbow Sherbet

Soft Serve Frozen Yogurt: Vanilla

Wednesday, April 3rd, 2013

Appetizer

Classic Hummus served with Crispy Pita Points

Puréed garbanzo beans, tahini, olive oil, sesame oil, lemon juice, garlic and cumin

Reduced Sodium 255 mg Fiber 2g

Fresh Vegetable Crudités

Served with a side of ranch dressing

Soups

Rustic Tomato Soup

Chucky tomatoes with onions, garlic and fresh herbs simmered in a savory tomato broth

Fiber 2g

Homemade Low Sodium Chicken Noodle or Vegetable Soup

Salads

Roasted Beets and Goat Cheese

Oven-roasted red beets on a bed of crisp baby greens, topped with creamy goat cheese crumbles and served with balsamic vinaigrette

Fiber 2g

Caesar Salad

Crisp romaine lettuce tossed in a classic Caesar dressing, parmesan cheese and garlic croutons

Tossed Greens

Fresh romaine and iceberg lettuce tossed with tomatoes, cucumbers, cabbage and carrots

Daily Entrée Selections

Fresh Salmon

Grilled, steamed or baked upon request

Chicken Breast

Grilled, steamed or baked upon request

Seasonal Vegetable Plate

Fresh seasonal vegetables, steamed
and served with your choice of starch from today's menu selections

Fresh Fruit Plate

Selection of seasonal fruit served with low fat cottage cheese

Wednesday, April 3rd, 2013

Entrees

Healthy Choice: Sautéed Fillet of Sole

Fresh lightly flour dusted fillet of sole topped with a warm and zesty grape tomato salad

Calorie 327 Reduced Sodium 184mg

Roasted Pork Rack with Bourbon Glacé

Slowly roasted rack of pork served with a Southern- style bourbon glacé

Calorie 430 Sodium 641mg

Mesquite Grilled Tri- Tip

Slowly grilled mesquite rubbed tri- tip served with a fresh Pico de Gallo salsa

Calorie 421 Sodium 356mg

Vegetarian Selection: Mixed Vegetable Sandwich on Ciabatta Bread with Boursin Cheese

Grilled zucchini, yellow squash, red onions, bell peppers and eggplant on toasted ciabatta bread with a balsamic reduction and creamy Boursin cheese

Calorie 295 Sodium 407mg Fiber 9g

Grains and Potato Choices

Potatoes Au Gratin *Fiber 2g*

Wild Rice *Low Sodium 10g Fiber 1g*

Baked Potato

Baked Yam

Vegetable Choices

Seasonal Vegetables *Low Sodium 129 mg Fiber 3g*

Steamed Bok Choy *Low Sodium 9mg Fiber 1g*

Broccoli

Desserts

Strawberry Lady Fingers

Calorie 155 Sugar 8g

NSA Cappuccino Pie

Calorie 150 Sugar 2g

Cookie Selection

Caramel Chocolate Pecan

Chocolate Chip

Macadamia Nut

Peanut Butter

Oatmeal Raisin

Ice Cream Flavors

Vanilla

No Sugar Added Vanilla

Chocolate

Weekly Ice Cream: Pistachio

Rainbow Sherbet

Soft Serve Frozen Yogurt: Cappuccino

Thursday, April 4th, 2013

Appetizer

Smoked Salmon Rillettes

Fresh smoked salmon spread served with crackers

Reduced Sodium 144mg

Fresh Vegetable Crudités

Served with a side of ranch dressing

Soups

Lemon Chicken Soup

Zesty Greek style soup with tender chicken and lemon juice

Low Sodium 62mg Fiber 1g

Homemade Low Sodium Chicken Noodle or Vegetable Soup

Salads

Mini Chinese Chicken Salad

Chopped romaine lettuce topped with diced grilled chicken breast, red cabbage, Mandarin oranges, crispy wontons and served with a Sesame ginger dressing

Low Sodium 35mg

Caesar Salad

Crisp romaine lettuce tossed in a classic Caesar dressing, parmesan cheese and garlic croutons

Tossed Greens

Fresh romaine and iceberg lettuce tossed with tomatoes, cucumbers, cabbage and carrots

Daily Entrée Selections

Fresh Salmon

Grilled, steamed or baked upon request

Chicken Breast

Grilled, steamed or baked upon request

Seasonal Vegetable Plate

Fresh seasonal vegetables, steamed
and served with your choice of starch from today's menu selections

Fresh Fruit Plate

Selection of seasonal fruit served with low fat cottage cheese

Thursday, April 4th, 2013

Entrees

Healthy Choice: Chicken Ranchero



Grilled chicken breast served with a savory ranchero sauce and melted cheese

Calorie 335 Reduced Sodium 262mg

Pan- Seared Tilapia with a Spiced Sweet Pickle Tartar Sauce

Delicate fillet of tilapia seared and served over a bed of house- made spiced sweet pickle tartar sauce

Calorie 356 Sodium 319mg

BBQ Baby Back Ribs



Flavorful tender pork ribs slowly cooked and glazed with a homemade BBQ sauce

Calorie 626 Sodium 679mg

Vegetarian Selection: Zucchini Béchamel Custard Casserole



Slices of zucchini roasted and baked with a creamy custard and marinara sauce

Calorie 196 Reduced Sodium 253 Fiber 2g

Grains and Potato Choices

Baked Beans *Fiber 7g*

Macaroni and Cheese *Fiber 2g*



Baked Potato

Baked Yam

Vegetable Choices

Green Peas *Low Sodium 56mg Fiber 7g*

Roasted Tomatoes and Fennel *Low Sodium 63mg Fiber 6g*

Vegetable of the week: Lima Beans

Desserts

Strawberry Blueberry Buckle

Calorie 215 Sugar 21g

NSA Raspberry Cheesecake

Calorie 176 Sugar 3g

Cookie Selection

Caramel Chocolate Pecan

Chocolate Chip

Macadamia Nut

Peanut Butter

Oatmeal Raisin

Ice Cream Flavors

Vanilla

No Sugar Added Vanilla

Chocolate

Weekly Ice Cream: Pistachio

Rainbow Sherbet

Soft Serve Frozen Yogurt: Strawberry

Friday, April 5th, 2013

Appetizer

Shrimp Cocktail

Poached and chilled large Tiger shrimp served with a classic cocktail sauce

Fresh Vegetable Crudités

Served with a side of Ranch dressing

Soups

New England Clam Chowder

Manila clams cooked in natural clam juices, onions, potatoes and spices in a creamy herb mixture

Manhattan Clam Chowder

Manila clams cooked in a tomato both with onions, celery, carrots, garlic, peppers, potatoes and fresh spices

Homemade Low Sodium Chicken Noodle or Vegetable Soup

Salads

Macaroni Salad

Elbow macaroni tossed with onions, celery, peppers, diced eggs, mayonnaise, mustard and sweet relish

Caesar Salad

Crisp romaine lettuce tossed in a classic Caesar dressing, parmesan cheese and garlic croutons

Tossed Greens

Fresh romaine and iceberg lettuce tossed with tomatoes, cucumbers, cabbage and carrots

Daily Entrée Selections

Fresh Salmon

Grilled, steamed or baked upon request

Chicken Breast

Grilled, steamed or baked upon request

Seasonal Vegetable Plate

Fresh seasonal vegetables, steamed
and served with your choice of starch from today's menu selections

Fresh Fruit Plate

Selection of seasonal fruit served with low fat cottage cheese

Friday, April 5th, 2013

Entrees

Healthy Choice: Bourbon Pecan- Crusted White Fish

Fresh Great Lakes white fish breaded with panko and bourbon pecans, gently baked and served over a bed of Cajun BBQ sauce

Calorie 275 Reduced Sodium 223mg Fiber 2g

Italian Sausage with Bell Peppers and Onions

Italian spiced sausage simmered in a zesty marinara sauce with julienne bell peppers and onions

Calorie 487 Sodium 600mg

Chicken Cacciatore

Slowly braised "bone-in" chicken thigh/ leg portion in a classic Italian tomato sauce of garlic, mushrooms, peppers, tomatoes, white wine and herbs, served over spaghetti and garnished with garlic toast

Calorie 492 Reduced Sodium 263mg Fiber 1g

Swiss Steak

Lightly flour- dusted cube steak braised in a savory demi glacé

Calorie 444 Sodium 579mg

Vegetarian Selection: Sun- Dried Tomato and Roasted Garlic Risotto

Classic Italian risotto blended with zesty sun- dried tomatoes, roasted garlic and sweet basil, then infused with parmesan and cream cheese

Calorie 269 Reduced Sodium 268mg Fiber 2g

Grains and Potato Choices

Scalloped Potatoes *Fiber 2g* 

Spaghetti with Marinara

Baked Potato

Baked Yam

Vegetable Choices

Roasted Cauliflower *Low Sodium 34mg*

Sautéed Turnips *Low Sodium 136mg Fiber 3g*

Vegetable of the week: Lima Beans

Desserts

Ice Cream Bon Bon

Calorie 200 Sugar 14g

NSA Honey Baked Apple

Calorie 48 Sugar 8g

Cookie Selection

Caramel Chocolate Pecan

Chocolate Chip

Macadamia Nut

Peanut Butter

Oatmeal Raisin

Ice Cream Flavors

Vanilla

No Sugar Added Vanilla

Chocolate

Weekly Ice Cream: Pistachio

Rainbow Sherbet

Soft Serve Frozen Yogurt: Vanilla

Saturday, April 6th, 2013

Appetizer

Tomato Bruschetta

Fresh diced tomatoes tossed with garlic, balsamic vinegar and fresh basil
and served with a toasted crostini

Low Sodium 109mg Fiber 1g

Fresh Vegetable Crudités

Served with a side of ranch dressing

Soups

Potato and Kale Soup

Creamy smooth pureé of kale, potatoes, milk and sour cream

Low Sodium 75mg Fiber 1g

Homemade Low Sodium Chicken Noodle or Vegetable Soup

Salads

California Iceberg Salad

Fresh iceberg and baby spinach leaves topped with tomato wedges,
julienne shallots, sunflower seeds and served with your choice of dressing

Low Sodium 24mg Fiber 3g

Caesar Salad

Crisp romaine lettuce tossed in a classic Caesar dressing, parmesan cheese and garlic croutons

Tossed Greens

Fresh romaine and iceberg lettuce tossed with tomatoes, cucumbers, cabbage and carrots

Daily Entrée Selections

Fresh Salmon

Grilled, steamed or baked upon request

Chicken Breast

Grilled, steamed or baked upon request

Seasonal Vegetable Plate

Fresh seasonal vegetables,
steamed and served with your choice of starch from today's menu selections

Fresh Fruit Plate

Selection of seasonal fruit served with low fat cottage cheese

Saturday, April 6th, 2013

Entrees

Healthy Choice: Pan- Seared Sole with a Tuscan Melon Salsa

Pan- seared fillet of sole served with a bright and flavorful cucumber and Tuscan melon salsa
Calorie 165 Reduced Sodium 195mg

Filet Mignon

Rubbed with Montreal steak seasoning, olive oil and garlic,
grilled to order and served with garlic butter
Calorie 396 Reduced Sodium 267mg

Roasted Tom Turkey

Oven- roasted turkey served with cornbread pecan stuffing and turkey gravy
Calorie 356 Reduced Sodium 136mg

Vegetarian Selection: Teriyaki Soba Noodles

Stir- fried shredded carrots, red onions, zucchini, yellow squash and sliced red bell peppers
tossed with soba noodles and Teriyaki sauce
Calorie 235 Sodium 751mg Fiber 3g

Grains and Potato Choices

Mashed Potatoes and Turkey Gravy *Low Sodium 97mg Fiber 2g*

Herbed Barley *Low Sodium 5mg Fiber 1g*

Baked Potato

Baked Yam

Vegetable Choices



Three Cheese Broccoli



Seasonal Vegetable Medley *Low Sodium 51mg Fiber 1g*

Vegetable of the week: Lima Beans

Desserts

Strawberry Puff

Calorie 104 Sugar 5g

NSA Topical Fruit Salad

Calorie 77 Sugar 11g

Cookie Selection

Caramel Chocolate Pecan

Chocolate Chip

Macadamia Nut

Peanut Butter

Oatmeal Raisin

Ice Cream Flavors

Vanilla

No Sugar Added Vanilla

Chocolate

Weekly Ice Cream: Cookie Dough

Rainbow Sherbet

Soft Serve Frozen Yogurt: Double Dutch Chocolate

Avalon Dining Room

In Home Dining Service

Sunday, April 7th, 2013

Seafood Appetizer

Shrimp with Cocktail Sauce

Mussels

Smoked Salmon

Bay Shrimp and Scallop Salad

Fruit and Cheese

Selection of Seasonal Fruit

Selection of Cheese served with Crackers

Salad

Caesar Salad

Mixed Green Salad served with your selection of tomatoes, cucumbers, shredded carrots, red bell peppers, celery, mandarin oranges, olives, bleu cheese, parmesan cheese and croutons

Carving Station

Kielbasa Rope Sausage

Whole Roasted Turkey

Hot Dishes

Breakfast Enchiladas

Egg and Cheese Soufflé

Mashed Potatoes and Gravy

Bacon and Sausage

Biscuits and Gravy

Vegetable Medley

Selection of Bread and Butter

Omelets made to your liking

Please ask when ordering for Today's Desserts

ORDER TIMES

9:30AM - 3:30PM

Sunday to-go orders can be placed for the Montecito

PICK UP TIMES

10:30AM - 4:00PM

Menu or from the Selection of Items above. To-go orders will be put together by the kitchen.

Sunday Menu Is Subject To Change Without Notice