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



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

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

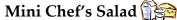
# Pilgrim Turkey Chowder



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





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**

## 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* 182mgFiber 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

# **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* 2*g* 

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**

## 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

# **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**

## 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**

## Vegetable Choices

Baked Beans Fiber 7g Macaroni and Cheese Fiber 2g **Baked Potato** Baked Yam

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**

**Ice Cream Flavors** 

Caramel Chocolate Pecan Chocolate Chip Macadamia Nut **Peanut Butter** Oatmeal Raisin

Vanilla No Sugar Added Vanilla Chocolate Weekly Ice Cream: Pistachio Rainbow Sherbet Soft Serve Frozen Yogurt: Strawberry

# **Appetizer**

## Shrimp Cocktail

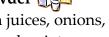
Poached and chilled large Tiger shrimp served with a classic cocktail sauce

## 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

# **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



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

## 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

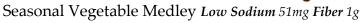
Stir- fried shredded carrots, red onions, zucchini, yellow squash and sliced red bell peppers tossed with soba noodles and Terivaki sauce Calorie 235 Sodium 751mg Fiber 3g

#### **Grains and Potato Choices**

Vegetable Choices

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

Three Cheese Broccoli



Herbed Barley Low Sodium 5mg Fiber 1g **Baked Potato** 

Vegetable of the week: Lima Beans

Baked Yam

# Desserts

Strawberry Puff Calorie 104 Sugar 5g NSA Topical Fruit Salad Calorie 77 Sugar 11g

## **Cookie Selection**

**Ice Cream Flavors** 

Caramel Chocolate Pecan

Vanilla

Chocolate Chip

No Sugar Added Vanilla

Macadamia Nut

Chocolate

**Peanut Butter** 

Weekly Ice Cream: Cookie Dough

Rainbow Sherbet

Oatmeal Raisin

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
PICK UP TIMES

9:30AM - 3:30PM

10:30AM - 4:00PM

Sunday to-go orders can be placed for the Montecito 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**