

AVILA'S MENU FOR RESIDENTS

Month October	SUNDAY 10/4/2009	MONDAY 10/5/2009	TUESDAY 10/6/2009	WEDNESDAY 10/7/2009	THURSDAY 10/8/2009	FRIDAY 10/9/2009	SATURDAY 10/10/2009
Soup	Tomato Bisque	Broccoli Cheese	Vegetable	Split Pea	Pasta Fagioli	Chicken and Wild Rice	Tomato Vegetable
Special	Fried Pork Cutlet with Gravy	Chorizo, Potato, and Cheese Quesadillas	Bratwurst with Sauteed Onions and Sauerkraut	Beef Stroganof	Ham Steaks	Turkey, Ham, Salami, Tuna or Egg Salad Sandwiches	Cobb Salad
Side Dish	Corn Bread	with Sour Cream and Pico de Gallo	on French Roll or Rye Bread	Egg Noodles	Potato Pancakes and	Macaroni and Cheese	
	Normandy Blend Vegetables		with French Fries		Homemade Applesauce		
Dinner							
Soup	Chicken Noodle	Cream of Celery	Cabbage Soup	Tomato Soup	Beef Barley	Roasted Potato and Garlic	Lentil
Entrée 1	Chicken Legs and Thighs in Red Wine Sauce	Grilled Steaks	Pork Ribs with Roasted Bell Pepper Sauce	Three Cheese Stuffed Chicken Breast	Beef Goulash	Braised Pork in Tomato Parsley Sauce	Grilled Chicken with Cucumber Sauce
Entrée 2 Fish	Sauteed Rainbow Trout	Sole	Fried Catfish	Salmon	Rockfish	Tilapia	Grilled Shrimp
Starch	Roasted Red Potatoes	Baked Potato	Garden Pilaf	Penne Pasta with Marinara	Potatoes Boulangere	White Beans	Pita Bread and Rice Pilaf
Veggie	Sauteed Onions and Mushrooms	Asparagus	Broccoli	Fried Zucchini	Steamed Cabbage	Green Beans	Eggplant, Onions, Peppers, and Tomatoes