

# THE AVALON AT LEWIS CENTER

Week of **May 7, 2023**

## ♥ House Salad

*Iceberg & Romaine, Shaved Carrots,  
Cucumber, Pear Tomato, Dressing Choice*

## The Avalon Salad

*Mandarin Oranges, Pecans, Dried  
Cranberries, Fresh Spinach, with your  
Favorite Dressing Choice*

## Classic B.L.T.

*Bacon, Lettuce, Tomato on Choice of  
Bread, Choose a Side*

## Grilled Cheese Sandwich

*Choice of Cheese and Bread, Choose a  
side.*

## Egg Salad Platter/Sandwich

*as a platter with hard boiled egg,  
tomatoes, cucumbers and crackers OR as  
a sandwich on choice of bread with  
chips.*

## Dressings

<i>Buttermilk Ranch</i>	<i>Chunky Bleu Cheese</i>
<i>Golden Italian</i>	<i>1000 Island</i>
<i>Balsamic Vinaigrette</i>	<i>Classic French</i>
<i>Honey Mustard</i>	<i>Poppyseed Dressing</i>

## The Avalon Burger

*1/4 lb. Chuck Patty with Lettuce, Tomato,  
Onion and Pickle on a Butter Toasted  
Bun, choice of side and beverage. With  
or Without Cheese.*

**\*\*\*please allow time for cooking**

## The Burger Bowl

*Burger, No Bun. Add a Side Dish or Two*

## All Beef Hot Dog

*Grilled Hot Dog with Relish, Onions,  
Mustard and Tomatoes with Choice of  
Side*

## Grilled Chicken Breast

*Honey Balsamic Glaze  
Choose Two Side Dishes*

**\*\*\*please allow time for cooking**

## Club Sandwich

*Turkey, Ham, Lettuce, Tomato, Bacon,  
Mayo on Toast with Chips*

## Available Side Dishes

<i>Baked Sweet Potato</i>	<i>Baked Potato</i>
<i>Cottage Cheese</i>	<i>Onion Rings</i>
<i>Fresh Fruit</i>	<i>Sweet Potato Fry</i>
<i>Vegetable Medley</i>	<i>French Fries</i>



♥ Heart Healthy Item

\* Gluten Minimized Preparation