



Week of _____

THE AVALON

of Commerce Township

HOUSE SALAD ♥

Iceberg and romaine lettuce, shaved carrots, cucumber, pear tomato, and dressing choice

THE AVALON SALAD ♥

Mandarin oranges, pecans, dried cranberries, fresh spinach, and dressing choice

CLASSIC BLT

Bacon, lettuce, tomato on choice of bread
Choose a side dish

GRILLED CHEESE SANDWICH

Choice of cheese and bread
Choose a side dish

EGG SALAD PLATTER/SANDWICH

A platter with hard-boiled eggs, tomatoes, cucumbers and crackers
OR
A sandwich on choice of bread
Served with chips

THE AVALON BURGER

1/4-lb. chuck patty (with or without cheese) with lettuce, tomato, onion and pickle on a butter-toasted bun

Choose a side dish and beverage

— Please allow extra time to cook —

THE BURGER BOWL

Burger without the bun
Choose a side dish (or two!)

ALL-BEEF HOT DOG

Grilled hot dog with relish, onions, mustard and tomatoes
Choose a side dish

GRILLED CHICKEN BREAST

Chicken breast with a honey-balsamic glaze
Choose two side dishes

— Please allow extra time to cook —

CLUB SANDWICH

Turkey, ham, lettuce, tomato, bacon and mayonnaise on toast
Served with chips

DRESSINGS

Buttermilk Ranch	Chunky Bleu Cheese
Golden Italian	Thousand Island
Balsamic Vinaigrette	Classic French
Honey Mustard	Poppy Seed

SIDE DISHES

Baked Sweet Potato	Vegetable Medley
Baked Potato	Onion Rings
Cottage Cheese	Sweet Potato Fries
Fresh Fruit	French Fries

♥ Heart-Healthy Item