Gluten Free Soup \& Garden Green Salad (served with choice of dressing) - Served Daily

| Breakfast for Lunch Two Eggs any style with Bacon | Breakfast for Lunch Two Eggs any style with Bacon | Breakfast for Lunch Two Eggs any style with Bacon | Breakfast for Lunch Two Eggs any style with Bacon | Breakfast for Lunch Two Eggs any style with Bacon | Breakfast for Lunch Two Eggs any style with Bacon | Breakfast for Lunch Two Eggs any style with Bacon |
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| Cream Of Broccoli Soup <br> Vegetable Quiche Pear \& Walnut Salad <br> Lemon Mousse or Yogurt \& Berries | Onion Soup <br> Fish Burger <br> Coleslaw Tartar Sauce <br> Fruit Jell-O or Yogurt \& Berries | Hearty Chicken Noodle Soup <br> Cobb Salad with feta cheese (Lettuce, tomato, cucumber, bacon chicken, egg) <br> Fresh Baked Bread Rolls Butter tart or Yogurt \& Berries | Cream of Tomato Soup <br> Grilled Cheese and Tomato Potato Wedges <br> Chocolate Milkshake or Yogurt \& Berries | Potato \& Bacon Soup <br> Egg Nip (egg, bacon, cheese) <br> Tomato Slices <br> Banana Pudding or Yogurt \& Berries | Smoothie <br> French Toast with Strawberry Compote \& Breakfast Sausage <br> Fresh Fruit <br> Lemon Lime Sorbet or Yogurt \& Berries | Beef Vegetable Soup <br> Ham \& Swiss Croissant <br> Broccoli Salad <br> Fruit Cocktail Dessert Cup <br> or Yogurt \& Berries |
| Lunch Sandwich Alternative: Tuna salad | Lunch Sandwich Alternative: Chef Choice | Lunch Sandwich Alternative: BLT | Lunch Sandwich Alternative: Ham | Lunch Sandwich Alternatives: Fried Egg | Lunch Sandwich Alternative: Grilled Cheese | Lunch Sandwich Alternative: Egg Salad |
| Caesar Salad <br> Shepherd's Pie with Gravy Steamed Green Peas Strawberry Lush | Greek Salad <br> ${ }^{58}$ Pork Loin in White Wine Thyme Sauce Baked Potato <br> Honey Glazed Carrot <br> Rhubarb Crisp with Ice Cream | Carrot \& Raisin Salad <br> Coq Au Vin (Chicken Braised in Red Wine Sauce) <br> Roasted Potato <br> Vegetable Medley <br> Banana Split | Riverwood House Salad <br> Pan-Fried Pickerel with Lemon Cream Sauce <br> Mashed Potatoes <br> Steamed Green Beans <br> Berry Crumble | Riverwood House Salad <br> Teriyaki Chicken Balls <br> Steamed Rice <br> Steamed Broccoli <br> Chocolate Mousse | Spinach Mandarin Salad <br> Spaghetti with Meat Sauce <br> Garlic Bread Stick <br> Trifle Delight | Riverwood House Salad <br> Roasted Turkey with Gravy, Cranberry Sauce, Stuffing, Mashed Potatoes and Roasted Root Vegetable <br> Cherry Pie |
| Alternative: Liver \& Onions, Fish or Chicken | Alternative: Liver \& Onions, Shepherd's Pie, Fish or Chicken | Alternative: Liver \& Onions, Shepherd's Pie, Fish or Chicken | Alternative: Liver \& Onions, Shepherd's Pie, Fish or Chicken | Alternative: Liver \& Onions, Shepherd's Pie, Fish or Chicken | Alternative: Liver \& Onions, Shepherd's Pie, Fish or Chicken | Alternative: Liver \& Onions, Shepherd's Pie, Fish or Chicken |



Diabetic Dessert options include: Maple Walnut, or Black Cherry Ice Cream, Fresh Fruit, Jell-O, Puddings, Mousses, Cookies
Gluten Free Dessert options include: Jell-O, Fresh Fruit Plate, Gluten Free Brownie, Cookies, Puddings, Mousses

