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 Potato \＆ Asparagus <br> Baked Chicken Fingers with Honey Dill Sauce Potato Wedges <br> Vanilla Pudding or Fresh Fruit Bowl | Tomato，Vegetable and Bean Soup <br> Fish Burger with Tartar Sauce Coleslaw <br> Fruit Jell－O or Yogurt with Berries | （ร）Cream of Vegetable <br> Hearty Beef \＆Bean Chili Sour Cream and Cheese Tortilla Chips <br> Butter Tarts or Fresh Fruit Bowl | Chicken and Rice Soup <br> Cold Plate：Croissant，Egg Salad，Turkey，Cheese and Pickles <br> Strawberry Ice Cream or © ${ }^{\text {© }}$ Yogurt with Berries | Corn Chowder <br> Barbecue Pulled Pork with on a Bun Coleslaw <br> Lemon Mousse or Fresh Fruit Bowl | Smoothie <br> Denver Scrambled Eggs （Diced Ham，Green Onions and Cheese） Biscuits <br> Cinnamon Raisin Rice Pudding Or Yogurt with Berries | Minestrone <br> Chef＇s Salad with Ranch Dressing （Lettuce，Egg，Chicken， Bacon，Cucumbers \＆ Tomatoes） Garlic Bread Sticks <br> Peaches \＆Cream Or Yogurt with Berries |
| Alternative： <br> Tuna Salad | Alternative： <br> Toasted Tomato \＆Bacon | Alternative： Chef Choice | Alternative： Grilled Cheese | Alternative： <br> Bacon，Lettuce \＆Tomato | Alternative： <br> Chef Choice | Alternative： <br> Egg Salad |
| Riverwood House Salad <br> Meatloaf with Gravy Garlic Mashed Potatoes Steamed Dill Carrots <br> Rhubarb Crisps with Vanilla Ice Cream | Fresh Baked Bread Rolls <br> Roasted Pork loin with Country Gravy Roasted Baby Potatoes Steamed Green Peas <br> Strawberry Lush | Greek Salad <br> Garlic \＆Rosemary Roasted Chicken Breast with Tzatziki Sauce Pita Bread or Potatoes Sauteed Green Beans and Peppers <br> Chocolate Fudge Brownie | Riverwood House Salad <br> Salisbury Steak with Tomato Gravy Mashed Potatoes Vegetable Medley <br> Date Square | Sour Cream \＆Dill Cucumber and Red Onion Salad <br> Potato \＆Chive Crusted Cod Baked Potato Steamed Green Peas and Carrots <br> Blueberry Cheesecake | （ 丅⿵冂卄一）Vegetable Spring Rolls with Plum Sauce Chicken \＆Vegetable Stir－Fry Fried Rice <br> Mango \＆Coconut Pannacotta | Riverwood House Salad <br> Honey Glazed Baked Ham Scalloped Potato Steamed PEI Vegetables <br> Apple Pie |
| 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 | 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

