



RIVERWOOD SQUARE  
RETIREMENT LIVING  
Live Life Here



# MENU

The Landing  
at  
RIVERWOOD SQUARE

Harmony Court  
at  
RIVERWOOD SQUARE



MONDAY April 29

TUESDAY April 30

WEDNESDAY May 1

THURSDAY May 2

FRIDAY May 3

SATURDAY May 4

SUNDAY May 5

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

MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3	SATURDAY May 4	SUNDAY May 5
<b>Breakfast for Lunch</b> Two Eggs any style with Bacon	<b>Breakfast for Lunch</b> Two Eggs any style with Bacon	<b>Breakfast for Lunch</b> Two Eggs any style with Bacon	<b>Breakfast for Lunch</b> Two Eggs any style with Bacon	<b>Breakfast for Lunch</b> Two Eggs any style with Bacon	<b>Breakfast for Lunch</b> Two Eggs any style with Bacon	<b>Breakfast for Lunch</b> Two Eggs any style with Bacon
GF♥ Cream of Tomato  Sausage, Peppers and Cheese Quiche with Garden Salad  Tapioca Pudding or GF♥ Fresh Fruit Bowl	GF♥ Hearty Chicken Noodle Soup  Pepperoni Pizza Caesar Salad  Fruit Jello or GF♥ Yogurt with Berries	GF♥ Borscht with Dill Sour Cream  Tuna Melt on Brown Bread Garden Salad  Orange Crush Float or GF♥ Fresh Fruit Bowl	GF♥ Cream of Broccoli  Chicken Quesadilla (Taco Chicken, Peppers, Green Onions and Shredded Cheese) with Sour Cream and Salsa  Tiger Brownie or GF♥ Yogurt with Berries	GF♥ Ham & Split Pea Soup  Cobb Salad with Lettuce, Tomato, Cucumbers, Chicken, Bacon and Egg  Garlic Toast  Tiramisu Mousse or GF♥ Fresh Fruit Bowl	GF♥ Smoothie  Cheese Omelet with Bacon and Hashbrowns Fresh Fruit Cup  Nanaimo Bars Or GF♥ Yogurt with Berries	GF♥ French Onion Soup  All-Beef Hotdog with Crispy Onions and Potato Salad  Vanilla Milkshake Or GF♥ Yogurt with Berries
<i>Alternative:</i> Chicken Salad	<i>Alternative:</i> Toasted Tomato & Cheese	<i>Alternative:</i> Chef Choice	<i>Alternative:</i> Grilled Cheese	<i>Alternative:</i> Bacon, Lettuce & Tomato	<i>Alternative:</i> Chef Choice	<i>Alternative:</i> Tuna Salad
Fresh Baked Bread Rolls  Meatballs with Gravy Mashed Potatoes Steamed Carrot Slices  Strawberry Crumble	Carrot & Raisin Salad  Roasted Pork Tenderloin with Mushroom Gravy Garlic Mashed Potatoes Buttered Mixed Vegetables  Chocolate Lush	Corn Bread Muffins  Fried Chicken with Gravy Baked Potato Coleslaw  Berry Trifle	GF♥ Riverwood House Salad  Veal Piccata with Lemon Caper Sauce Buttered Egg Noodles Steamed Green Peas  Lemon Cream Tarts	Coleslaw  Battered Cod & Chips with Fresh Lemon Wedge and Tartar Sauce  German Chocolate Cake	♥ Consommé Soup  Shrimp & Vegetable Stir-Fry Yakisoba Sauce Fried Noodles  Mango Ice Cream	♥ GF Riverwood House Salad Slow-Braised Barbecue St. Louis Ribs with Loaded Baked Potato and Steamed Green Beans  Boston Cream Pie
<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>	<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>	<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>	<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>	<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>	<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>	<i>Alternative: Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</i>

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

GF **Gluten Free Dessert options include:** Jell-O, Fresh Fruit Plate, Gluten Free Brownie, Cookies, Puddings, Mousses



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