



RIVERWOOD SQUARE
RETIREMENT LIVING
Live Life Here



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY July 22

TUESDAY July 23

WEDNESDAY July 24

THURSDAY July 25

FRIDAY July 26

SATURDAY July 27

SUNDAY July 28

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

Two Eggs any style with Bacon	Two Eggs any style with Bacon	Two Eggs any style with Bacon	Two Eggs any style with Bacon	Two Eggs any style with Bacon	Two Eggs any style with Bacon	Two Eggs any style with Bacon
<p>GF♥ Cream of Broccoli</p> <p>Ham, Green Onion and Cheese Quiche Garden Salad</p> <p>Butterscotch Pudding</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Borscht with Dill Sour Cream</p> <p>Bacon Cheeseburger Lettuce, tomato & onion Cucumber & Tomato Salad</p> <p>Cherry Jello</p> <p>GF♥ Yogurt with Berries Courtyard</p>	<p>GF♥ Cream of Mushroom</p> <p>Ranch Turkey & Bacon Salad Sandwich on Whole Wheat Bread Carrot & Raisin Salad</p> <p>Chocolate Milkshake</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Hearty Vegetable Soup</p> <p>Barbeque Chicken Thigh</p> <p>Potato salad</p> <p>Nanaimo Bars</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Chicken Rice Soup</p> <p>Pepperoni & Bacon Pizza Spinach, Peppers, Mushrooms, onions Pizza Sprinkled with Feta cheese</p> <p>Raspberry Mousse</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Smoothie</p> <p>Western Omelet with Bacon Fresh Warm Roll</p> <p>Watermelon Slices</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Tomato Basil Soup</p> <p>Classic Grilled Cheese on White Bread</p> <p>Potato Chips with Dip</p> <p>Banana Split</p> <p>GF♥ Yogurt with Berries</p>
Alternative: Chicken Salad	Alternative: Toasted Tomato & Cheese	Alternative: Chef Choice	Alternative: Grilled Cheese	Alternative: Bacon, Lettuce & Tomato	Alternative: Chef Choice	Alternative: Grilled Cheese
<p>Waldorf Salad (Apples, Celery & Grapes)</p> <p>Pork Cutlet with Gravy Garlic Mashed Potatoes Steamed Cabbage</p> <p>Berry Crisp with Vanilla Ice Cream</p>	<p>Caesar Salad</p> <p>Pan-Seared Chicken Breast with Thyme & White Wine Cream Sauce Rice Pilaf Steamed Sliced Carrots</p> <p>Banana Coconut Trifle</p>	<p>GF♥ Riverwood House Salad</p> <p>Meatballs with Gravy</p> <p>Mashed Potatoes Buttered Prince Edward Vegetables</p> <p>German Chocolate Cake</p>	<p>Pear, Apple & Feta Salad</p> <p>Pan Fried Pickeral with Lemon Dill sauce</p> <p>Loaded Baked Potato Corn on the Cob</p> <p>Peach Cobbler</p>	<p>Greek Salad</p> <p>Beef Bourguignon (Beef Stew with Bacon, Mushrooms and Onions, braised in Red Wine Gravy) Parmesan Biscuit</p> <p>Blue Berry Cheesecake Lush</p>	<p>♥ Spinach Mandarin Salad</p> <p>Chicken & Vegetable Stir Fry</p> <p>Yakisoba Sauce Fried Rice</p> <p>Mango Ice Cream</p>	<p>Corn Bread Muffins</p> <p>Slow Braised Sweet & Sour Back Ribs</p> <p>Scalloped Potato Buttered Mixed Vegetables</p> <p>Apple Pie with Ice Cream</p>
Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: 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

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