

MENU

The Landing Harmony Court RIVERWOOD SQUARE RIVERWOOD SQUARE



MONDAY 30 Sept	TUESDAY 01 October	WEDNESDAY 02 October	THURSDAY 03 October	FRIDAY 04 October	SATURDAY 05 October	SUNDAY 06 October
		Gluten Free Soup & Garden G	reen Salad (served with cho	ice of dressing) – Served Da	ily	
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
G♥Hearty Tomato & Vegetable Soup	♥ ^{GF} Bacon & Potato Chowder	♥ Chicken & Rice Soup	♥ Tomato Bisque Soup	G ♥ Cream of Carrot & Dill	♥	♥ [©] Cream of Butternut Squash
Egg Salad Sandwich on Whole Wheat Bread Coleslaw	Grilled Turkey & Swiss Sandwich on Rye with Cranberry Mayonnaise Carrot & Raisin Salad	Chicken & Vegetable Pot Pie with Gravy Caesar Salad	Ham & Pineapple Salad Sandwich on a Brioche Bun Spinach, walnut mandarin Salad	Open-Face Roast Beef Sandwich with Gravy Potato Chips and Dip	Vanilla French Toast Warm Maple Syrup Black Forest Ham Fresh Fruit Medley	Riverwood Breakfast Sandwich on Fresh Bun (Fried egg, sausage, cheese, mayonnaise) Tomato Slices
Date Square Fresh Fruit Bowl	♥ Fruit Jell-O	Blue berry Tart Fresh Fruit Bowl	Chocolate Milkshake	Vanilla Pudding Fresh Fruit Bowl	Tiramisu Mousse	Black cherry Ice Cream Fresh Fruit Bowl
Alternative: Chicken Salad	Alternative: Chef's Choice	Alternative: Bacon, Lettuce & Tomato	Alternative: Tuna Salad	Alternative: Chef's Choice	Alternative: Egg Salad	Alternative: Grilled Cheese
Cucumber salad Potato & Cheddar	Garden salad	☞♥ Riverwood House Salad	G Vegetable Spring Rolls with Plum Sauce	♥ ^{GF} Broccoli Salad	♥ [©] consommé soup	♥ [₫] Riverwood House Salad
Perogies Garlic sausage Caramelized onions Sour cream	Shepherd's Pie with Gravy Saute Carrots & Peas	Pork Parmesan Scalloped Potatoes Buttered garlic Mixed Vegetables	Teriyaki Chicken & Vegetable Stir-Fry Egg noodle	Potato Crusted Cod Fillet with Tartar Sauce Mashed Potatoes Steamed Prince Edward Vegetables	Beef, Vegetable and Potato Stew Bread Rolls	Chicken & Ribs BBQ Baked potatoes Roasted root Vegetable
Peach Melba (Vanilla Ice Cream, Diced Peaches and Raspbery Coulis)	Apple & Pear Crumble with Caramel Sauce	Coconut Cream Pie	Mango sorbet	Red Velvet Cake with Cream Cheese Icing	Pumpkin Pie with Whipped Cream	Lemon Buttermilk Cake
Alternatives: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternatives: 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



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