



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY 4 November

TUESDAY 5 November

WEDNESDAY 6 November

THURSDAY 7 November

FRIDAY 8 November

SATURDAY 9 November

SUNDAY 10 November

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
GF♥ Borscht with Dill Sour Cream	GF♥ Cream of Carrot Dill	GF♥ Cream of Cauliflower	GF♥ Hearty Chicken Noodle	GF♥ Cream of broccoli	♥GF Smoothie	GF♥ Tomato Basil Soup
Chicken Pot Pie Garden Salad	Fish Burger Tartar Sauce Potato Chips Vinegar	Open-Face Sloppy Joe's Coleslaw	Ranch Turkey Whole Wheat Bread Spinach Mandarin Salad	Classic Grilled cheese on White Bread Potato Chips with Dip	Cheeseburger French fries	Ham & Swiss cheese Whole Wheat bread Carrot & Raisin Salad
Lemon Pudding GF♥ Fresh Fruit Bowl	Orange Jello GF♥ Yogurt with Berries	Root Beer Float GF♥ Fresh Fruit Bowl	Nanaimo bars GF♥ Yogurt with Berries	Strawberry Mousse GF♥ Fresh Fruit Bowl	Watermelon slice GF♥ Yogurt with Berries	Chocolate Milkshake GF♥ Yogurt with Berries
	Alternative: Toasted Tomato & Cheese	Alternative: Chef Choice	Alternative: Grilled Cheese	Alternative: Bacon, Lettuce & Tomato	Alternative: Chef Choice	Alternative: Tuna Salad
Caesar Salad	Naan Bread	♥GF Riverwood House Salad	♥GF Garden Salad	♥GF Coleslaw Salad	♥GF Caesar Salad	♥GF Riverwood House Salad
Meatballs with Gravy Mashed Potatoes Cream Peas	Butter Chicken Steam Rice Roasted Asparagus Tomato Salsa	Apple Glazed Roasted Pork Loin Stuffed Scalloped Potatoes Buttered Vegetable Medley	Hungarian Beef Stew *Goulash* Egg Pasta Noodle Roasted Broccoli	Pan Fried Pickeral Lemon Garlic Aioli Baked Root Vegetable Sweet potatoes crinkle	Classic Lasagna (Sauteed Spinach, Peppers Mushroom with Meat Sauce)	Turkey Gravy Stuffing Mashed Potatoes Cranberry Sauce Peas & Carrots
Boston Cream Cake	Mango & Coconut Panna Cotta	French Apple Tart with Vanilla Ice cream	Chocolate brownie	Lemon Meringue Pie	Pears Helen (Vanilla Ice cream, Almonds, Chocolate Sauce)	Peach Sorbet
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