



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY 25 November

TUESDAY 26 November

WEDNESDAY 27 November

THURSDAY 28 November

FRIDAY 29 November

SATURDAY 30 November

SUNDAY December 01

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♥ Sweet Potato Soup</p> <p>Chicken Pot Pie with Gravy Garden Salad</p> <p>Lemon Pudding</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Chicken Vegetable Soup</p> <p>Egg Salad Sandwich Tomato Lettuce Potato Chips</p> <p>Orange Jello</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Cream of Cauliflower</p> <p>Open-Face Sloppy Joe's Coleslaw</p> <p>Root Beer Float</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Hearty Chicken Noodle</p> <p>Ham n Swiss Whole Wheat Bread Spinach Mandarin Salad</p> <p>Nanaimo bars</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Cream Tomato Soup</p> <p>Classic Grilled Cheese And Bacon Macaroni Salad</p> <p>Strawberry Mousse</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Smoothie</p> <p>Pizza Pizza Pizza Vegetarian Pepperoni Mushroom Peppers</p> <p>Chocolate Pudding</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Tomato Basil Soup</p> <p>Biscuits n Gravy Beef Sausages</p> <p>Ice Cream Sandwich</p> <p>GF♥ Yogurt with Berries</p>
	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
Honey Dijon Glazed Ham Scalloped Potatoes Buttered Pea	Butter Chicken Basmati Rice Naan Bread	Apple Glazed Roasted Pork Loin Stuffed Scalloped Potatoes Vegetable Medley	Deluxe Stir Fry Chicken, Pork Shrimp Chinese Noodles With Vegetables	Potato Crusted Cod Lemon Butter Buttered Corn Roasted Potato Wedges	Classic Lasagna Spinach, Peppers Mushrooms Meat Sauce	Beef Pot Roast Roasted Potatoes Gravy Roasted Root Vegetables Yorkshire Pudding
Boston Cream Cake	Mango Ice-Cream	Raisin Pie Vanilla Ice cream	Fortune Cookie 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