



RIVERWOOD SQUARE  
RETIREMENT LIVING  
Live Life Here



# MENU

The Landing  
at  
RIVERWOOD SQUARE

Harmony Court  
at  
RIVERWOOD SQUARE



MONDAY January 13<sup>th</sup>

TUESDAY January 14<sup>th</sup>

WEDNESDAY January 15<sup>th</sup>

THURSDAY January 16<sup>th</sup>

FRIDAY January 17<sup>th</sup>

SATURDAY January 18<sup>th</sup>

SUNDAY January 19<sup>th</sup>

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♥ Roasted Red Pepper Soup	GF♥ Chicken Noodle Soup	GF♥ Smoothie	GF♥ Cream of Broccoli Cheddar	GF♥ French Onion	♥GF Minestrone	GF♥ Baked Potato Soup
Tuna Salad Sandwich On Whole wheat Pickle Spears	Ham & Pea Carbonara Penne Noodle Cucumber Wedge	Monte Cristo Sandwiches Orange Wedges	Vegetable & Cheese Quesadilla Sour Cream & Salsa	Spinach, Mushroom & Feta Quiche Garden Salad	Corned Beef Sandwich on Marbel Rye Potato Chips & Crinkle Cut Pickles	Breakfast Skillet With Hash browns, Eggs, Sausage & Roasted Vegetables
Berry Mouse with Whipped Cream	Cookies & Ice Cream GF♥ Yogurt with Berries	Lemon Lime Sorbet GF♥ Fresh Fruit Bowl	Fresh Fruit Cup GF♥ Yogurt with Berries	GF♥ Mandrin Mousse GF♥ Fresh Fruit Bowl	GF♥ Yogurt & Berry Trifle	Rainbow Jello GF♥ Yogurt with Berries
Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice
♥GF Classic Caesar Salad	♥GF Creamy Cucumber Salad	Fresh Bread Rolls	Spring Rolls & Plum Sauce	♥GF Greek Salad	♥GF Spinach & Mandarin Salad	♥GF Riverwood House Salad
Hot Roast Beef Sandwich	Sticky Hoisin & Soy Glazed Chicken Leg & Thigh	Wild Rice Stuffed Sole Fillet	Pineapple Ginger Beef Stir fried Vegetable & Noodles	Glazed Meat Loaf Gravy	Chicken Parmesan	Herb Roasted Turkey & Pan Gravy
Potato Wedges	Rice Pilaf	Hollandaise sauce	Fortune cookie	Duchess Potato Cauliflower & Broccoli	Mushroom Barley Risotto	Cranberry Sauce Mashed Potatoes Carrots & Peas
Buttered Green Peas	Garlic Butter Corn Niblett's	Lemon & Thyme Couscous	Tapioca Pudding	German Chocolate Cake	Roasted Grape Tomato	Warm Apple Pie
Double Fudge Brownies	Butter Tart Squares	Green Beans			Ice Cream	
Assorted Jello						
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

Week 1