



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY January 20th

TUESDAY January 21st

WEDNESDAY January 22nd

THURSDAY January 23rd

FRIDAY January 24th

SATURDAY January 25th

SUNDAY January 26th

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> Beef & Barley</p> <p>BLT Sandwich Whole Wheat Creamy Beet Salad</p> <p>Lemon Tarts</p> <p> Yogurt & Berries</p>	<p> Ham & Pea</p> <p>Over Easy Egg Corned Beef Hash</p> <p> Fruit Slices Date Square</p>	<p> Tomato Soup</p> <p>Baked Macaroni, Cheese & Crumbled Bacon</p> <p>Fresh Tomato Wedges</p> <p>Strawberry Mousse</p> <p> Fruit Cocktail</p>	<p> Vegetable soup</p> <p>Turkey Sandwiches Lettuce & Tomato Cranberry Aioli Fresh Fruit Cup</p> <p>Nanaimo Bar</p> <p> Yogurt with Berries</p>	<p> Mushroom Soup</p> <p>Pulled Pork on a Bun Potato Chips Pickles</p> <p> Caramel Mousse</p> <p> Fresh Fruit Bowl</p>	<p> Pasta Fagioli soup</p> <p>Frittata Bacon, Eggs, Veggie Fruit Slices</p> <p>Date Square</p> <p> Yogurt & Berry Trifle</p>	<p> Fruit Smoothie</p> <p>Scrambled eggs Hashbrowns & Roasted Sausages</p> <p>Vanilla Pudding</p> <p> Yogurt with Berries</p>
Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice	Alternative: Chefs Choice
<p> Caesar Salad</p> <p>Chicken Linguine Alfredo</p> <p>Fresh Bread Rolls</p> <p>Peach Cobbler & Vanilla Ice Cream</p>	<p> Greek Salad</p> <p>Breaded Salmon Garlic Cream Sauce</p> <p>Lemon & Herb Potato Wedges</p> <p>Buttered Corn Nibs</p> <p>Chocolate Fudge Brownies</p>	<p>Fresh Bread Rolls</p> <p>Greek Pork Kebabs Tzatziki Sauce Rice Pilaf Green Beans</p> <p>Vanilla Cake with Cherry Sauce & Whipped Cream</p>	<p>Creamy Coleslaw</p> <p>Bangers & Mashed Braised Red Cabbage</p> <p>Berry Trifle</p>	<p> Spinach & Mandrin Salad</p> <p>Grilled Ham Steaks with Raisin Sauce Honey Dill Carrots Scalloped Potatoes</p> <p>Carrot Cake with Cream Cheese Icing</p>	<p> Beet & Apple Salad</p> <p>Fish & Chips Tarter Sauce Vegetable Medley</p> <p>Broken Glass</p>	<p> Riverwood House Salad</p> <p>Roast Beef Gravy Yorkshire Pudding Mashed Potato Pea & Carrots</p> <p>Lemon Meringue Pie</p>
<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken</p>

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