



# MENU

The Landing  
at  
RIVERWOOD SQUARE

Harmony Court  
at  
RIVERWOOD SQUARE



MONDAY February 17<sup>th</sup>

TUESDAY February 18<sup>th</sup>

WEDNESDAY February 19<sup>th</sup>

THURSDAY February 20<sup>th</sup>

FRIDAY February 21<sup>st</sup>

SATURDAY February 22<sup>nd</sup>

SUNDAY February 23<sup>rd</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
<p>GF♥ Vegetable Florentine Soup</p> <p>Cranberry Chicken Salad with Tomato, Lettuce &amp; Dijon Aioli</p> <p>GF♥ Broccoli Salad Date Squares</p>	<p>GF♥ Cream of Chicken</p> <p>Cinnamon Raisin French Toast</p> <p>Maple Syrup &amp; Whipped Cream</p> <p>Breakfast Sausage</p> <p>Cookies &amp; Ice Cream</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Corn Chowder</p> <p>Monte Cristo Sandwiches</p> <p>Orange Wedges</p> <p>Strawberry Sorbet</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>GF♥ Cream of Carrot Dill</p> <p>Mini Cheeseburger Slider</p> <p>Pretzels</p> <p>Fresh Fruit Cup</p> <p>GF♥ Yogurt with Berries</p>	<p>GF♥ Pumpkin Soup</p> <p>Spinach &amp; Mushroom Quiche</p> <p>GF♥ Garden Salad</p> <p>Vanilla Pudding</p> <p>GF♥ Fresh Fruit Bowl</p>	<p>♥GF Beef Noodle</p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Salsa &amp; Sour Cream</p> <p>Nanaimo Bar</p> <p>GF♥ Yogurt &amp; Berry Trifle</p>	<p>GF♥ Blueberry Smoothie</p> <p>Breakfast Skillet (Hash browns, Eggs, Sausage &amp; Vegetables)</p> <p>Rainbow Jello</p> <p>GF♥ Yogurt with Berries</p>
Chefs Choice Sandwich	Chefs Choice Sandwich	Chefs Choice Sandwich	Chefs Choice Sandwich	Chefs Choice Sandwich	Chefs Choice Sandwich	Chefs Choice Sandwich
<p>♥GF Chopped Iceberg Salad</p> <p>Warm Naan Bread</p> <p>Butter Chicken</p> <p>Basmati Rice</p> <p>Cauliflower &amp; Broccoli</p> <p>Upside Down Banana Cake</p>	<p>♥GF Creamy Coleslaw</p> <p>Battered Cod</p> <p>French Fries</p> <p>Tartar Sauce &amp; Lemon Wedges</p> <p>Green Peas</p> <p>Assorted Jello &amp; Whipped Cream</p>	<p>♥GF Creamy Cucumber Salad</p> <p>Sticky Hoisin &amp; Soy Glazed Chicken Leg &amp; Thigh</p> <p>Rice Pilaf</p> <p>Garlic Butter Corn</p> <p>Niblett's</p> <p>Cherry Cha Cha</p>	<p>Spring Rolls &amp; Plum Sauce</p> <p>Pineapple Ginger Beef</p> <p>Stir fried Vegetable &amp; Noodles</p> <p>Cookies &amp; Ice Cream</p>	<p>♥GF Greek Salad</p> <p>Meatballs</p> <p>Gravy</p> <p>Duchess Potato</p> <p>Mushroom &amp; Onions</p> <p>German Chocolate Cake</p>	<p>♥GF Spinach &amp; Mandarin Salad</p> <p>Chicken Pot Pie</p> <p>Rice Pilaf</p> <p>Roasted Grape Tomato</p> <p>Sautéed Spinach</p> <p>Lemon Lush</p>	<p>♥GF Riverwood House Salad</p> <p>Herb Roasted Turkey &amp; Pan Gravy</p> <p>Cranberry Sauce</p> <p>Mashed Potatoes</p> <p>Carrots &amp; Peas</p> <p>Chocolate Pie</p>
<p>Alternatives: Chefs Choice Sandwich, Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver &amp; Onions, Shepherd's Pie, Fish or Chicken</p>	<p>Alternatives: Chefs Choice Sandwich, Liver &amp; 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  
 GF Gluten Free Dessert options include: Jell-O, Fresh Fruit Plate, Gluten Free Brownie, Cookies, Puddings, Mousses