



RIVERWOOD
SQUARE
RETIREMENT LIVING
Live Life Here



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY June 30th

TUESDAY July 1st

WEDNESDAY July 2nd

THURSDAY July 3rd

FRIDAY July 4th

SATURDAY July 5th

SUNDAY July 6th

SUBJECT TO CHANGE

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♥ Soup of Day Grilled Cheese & Tomato Sandwich Whole Wheat Bread Pear, Cranberry & Walnut Salad Butterscotch Pudding or GF♥ Fresh Fruit Bowl	GF♥ Soup of Day Fried Canadian Bacon Poutine Tomato Wedges Canada Day Berry Trifle Or GF♥ Fresh Fruit Bowl	GF♥ Soup of Day Roasted Beef, Swiss Cheese & Caramelized Onions Marbel rye Homemade Dill Pickle Potato Chips Ice Cream & Cookies Or GF♥ Yogurt & Berries	GF♥ Soup of Day Cobb Salad (Tomato, Lettuce, Bacon, Avocado, Cheese & Boiled Egg) Very Berry Mousse or GF♥ Fresh Fruit Bowl	GF♥ Soup of Day Beef & Vegetable Quesadilla (Bell Peppers, Red Onion, Tomato & Cheese) Sour Cream & Salsa GF♥ Fruit Jello Whipped Cream	GF♥ Soup of Day Fluffy Pancakes Strawberry Sauce Mayle Syrup Breakfast Sausages Sliced Watermelon Cherry Magic Bar Or GF♥ Yogurt & Berries	GF♥ Soup of Day Corned Beef & Swiss Cheese Sandwich Dijon Aioli Zesty Coleslaw Ambrosia Salad Or GF♥ Fresh Fruit Cup
Served with Apple Juice, Coffee or Tea	Served with Orange Juice, Coffee or Tea	Served with Cranberry Juice Coffee or Tea	Served with Apple Juice, Coffee or Tea	Served with Orange Juice, Coffee or Tea	Choice of Cranberry Juice, Coffee or Tea	Served with Apple Juice, Coffee or Tea
GF♥ Caesar Salad Meat Balls & Spaghetti Tomato Basil Sauce Roasted Mushrooms Warm Biscuits Summer Berry Crisp	GF♥ Greek Vegetable Chicken Lemon Picatta Roasted Garlic Rice Roasted Mixed Vegetables Chocolate Cake with Fudge Icing	GF♥ Watermelon & Tomato Feta Lazy Man Cabbage Roll Perogies & Onions Garlic Butter Carrots Chefs Choice Pie	GF♥ Riverwood House Salad Penne Ham & Pea Carbonara Florentine Garlic Knot Roll Strawberry Sundae	GF♥ Garden Salad Sweet & Sour Pineapple Pork Fried Rice Chinese Mixed Vegetables Fortune Cookie Peach Tart & Whipped Cream	GF♥ Spinach & Mandarin Salad Chicken Cacatorie (Chicken Thigh & Breast) Mashed Potatoes Steamed Broccoli Cherry Pie & Vanilla Ice Cream	GF♥ Summer Salad Roasted Turkey Pan Gravy Mashed Potatoes & Stuffing Cranberry Sauce Carrots & Peas Coconut Rice Pudding
Served with Coffee or Tea	Served with Coffee or Tea	Served with Coffee or Tea	Served with Coffee or Tea	Served with Coffee or Tea	Served with Coffee or Tea	Served with Coffee or Tea

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

Alternatives: Chefs Choice Sandwich, Liver & Onions, Shepherd's Pie, Fish or Chicken

Week 2