



RIVERWOOD
SQUARE
RETIREMENT LIVING
Live Life Here



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY July 21st

TUESDAY July 22nd

WEDNESDAY July 23rd

THURSDAY July 24th

FRIDAY July 25th

SATURDAY July 26th

SUNDAY July 27th

HARMONY COURT

<p> Soup of Day</p> <p>Chicken Salad Sandwich</p> <p>Whole Wheat Bread</p> <p>Fried Tortilla Chips & Salsa</p> <p>Chocolate Tart</p> <p>Or</p> <p> Yogurt & Berries</p>	<p> Soup of Day</p> <p>Roasted Vegetable Frittata</p> <p>Tater Tots</p> <p> Fresh Sliced Melon</p> <p>Nanaimo Bar</p>	<p> Soup of Day</p> <p>Ham & Swiss Cheese Whole Wheat Bread</p> <p>Broccoli Salad</p> <p>Date Square Or</p> <p> Yogurt & Berries</p>	<p> Soup of Day</p> <p>Fish Burger</p> <p>Lettuce, Tomato & Tarter Sauce</p> <p>Cottage Cheese</p> <p> Fruit Cup</p> <p>Homemade Banana Chocolate Chip Bread</p>	<p> Soup of Day</p> <p>Grilled Cheese & Tomato Sandwich on Texas White Bread</p> <p>Green Pea & Bacon Salad</p> <p> Very Berry Mousse</p>	<p> Soup of Day</p> <p>Belgin Waffles</p> <p>Fried Ham</p> <p>Maple Syrup & Nutella Whipped Cream</p> <p> Broken Glass</p>	<p> Soup of Day</p> <p>Scrambled Eggs</p> <p>Bacon Strips</p> <p>Triangle Hashbrowns</p> <p>Old Fashioned Pecan Tarts</p> <p>Or</p> <p> Yogurt & Berries</p>
Served with Juice, Coffee or Tea	Served with Juice, Coffee or Tea	Served with Juice, Coffee or Tea	Served with Juice, Coffee or Tea	Served with Juice, Coffee or Tea	Served with Juice, Coffee or Tea	Served with Juice, Coffee or Tea
<p> Salad of Day</p> <p>Meat Balls & Gravy</p> <p>Mashed Potatoes</p> <p>Sauteed Button Mushrooms</p> <p>Cherry Pie</p> <p>Served with Coffee or Tea</p> <p>Crackers & Cheese</p> <p>Orange Wedges</p>	<p> Tomato Juice</p> <p>Lemon Pepper Haddock Loins</p> <p>Lemon & Herb Potato Wedges</p> <p>Buttered Corn</p> <p>Chocolate Fudge Brownies</p> <p>Served with Coffee or Tea</p> <p>Red Rose Tea</p> <p>Warm Baked Muffin</p>	<p> Soup of Day</p> <p>Breaded Turkey Cutlet</p> <p>Vegetable Rice Pilaf</p> <p>Roasted Root Vegetable Medley</p> <p>Upside Down Pineapple Cake</p> <p>Served with Coffee or Tea</p> <p>Fruint Punch / Lemonaid</p> <p>Fresh Banana Slices</p>	<p> Salad of Day</p> <p>Chicken Breast</p> <p>Cheese Sauce</p> <p>Scalloped Potatoes</p> <p>Green Beans</p> <p>Apple Pie & Vanilla Ice Cream</p> <p>Served with Coffee or Tea</p> <p>Red Rose Tea</p> <p>Warm Baked Cookie</p>	<p> Tomato Juice</p> <p>Homemade Dinner Rolls</p> <p>Beef Pot Pie</p> <p>Gravy</p> <p>Honey Dill Carrots</p> <p>Strawberry Trifle</p> <p>Served with Coffee or Tea</p> <p>Red Rose Tea</p> <p>Toasted Raisin Bread</p>	<p> Soup of Day</p> <p> Greek Salad</p> <p>Chicken Parmesan</p> <p>Tomato Basil Sauce</p> <p>Buttered Egg Noodles</p> <p>Bussel Sprouts & Cauliflower</p> <p>Lemon Meringue Pie</p> <p>Served with Coffee or Tea</p> <p>Ice Cream Novelty Bars</p>	<p> Riverwood House Salad</p> <p>Sweet & Sour</p> <p>Pork Back Ribs</p> <p>Mashed Potatoes</p> <p>Steamed Broccoli</p> <p>Poke Vanilla Cake</p> <p>Berry Compote</p> <p>Served with Coffee or Tea</p> <p>Fruit Punch</p> <p>PB & J Sandwich</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

Week 1