



RIVERWOOD  
SQUARE  
RETIREMENT LIVING  
Live Life Here



## MENU

*The Landing*  
at  
RIVERWOOD SQUARE

*Harmony Court*  
at  
RIVERWOOD SQUARE



MONDAY Sept. 29<sup>th</sup>

TUESDAY Sept. 30<sup>th</sup>

WEDNESDAY October 1<sup>st</sup>

THURSDAY October 2<sup>nd</sup>

FRIDAY October 3<sup>rd</sup>

SATURDAY October 4<sup>th</sup>

SUNDAY October 5<sup>th</sup>

### HARMONY COURT

<p>♥GF Soup of Day</p> <p>Ham &amp; Swiss Sandwich German Potato Salad</p> <p>Ice Cream Sundae or GF♥ Fresh Fruit Bowl</p> <p><i>Served with Juice, Coffee or Tea</i></p>	<p>♥GF Soup of Day</p> <p>Club House Sandwich Whole Wheat Bread (lettuce, tomato, bacon, turkey &amp; Ham) Potato chips &amp; Dip</p> <p>Tiramis Mousse or GF♥ Yogurt &amp; Berries</p> <p><i>Served with Juice, Coffee or Tea</i></p>	<p>♥GF Soup of Day</p> <p>Baked Mac &amp; Cheese Crumbled Bacon Spinach, Walnut Mandarin Salad</p> <p>Apricot Vanilla pudding Tart Or GF♥ Fresh Fruit Bowl</p> <p><i>Served with Juice, Coffee or Tea</i></p>	<p>♥GF Soup of Day</p> <p>Open Face Hot Turkey Sandwich Texas Toast Gravy Greek salad</p> <p>Chocolate Milkshake or GF♥ Yogurt &amp; Berries</p> <p><i>Served with Juice, Coffee or Tea</i></p>	<p>♥GF Soup of Day</p> <p>Spinach, Feta &amp; Mushroom Quiche Homestyle Pan Fries Watermelon Slices</p> <p>Date Square Bar or GF♥ Fresh Fruit Bowl</p> <p><i>Served with Juice, Coffee or Tea</i></p>	<p>♥GF Soup of Day</p> <p>Belgian Waffles Mixed Berries Whipped Cream</p> <p>Fresh Fruit Medley</p> <p>Ambroisa Salad Or GF♥ Yogurt with Berries</p> <p><i>Served with Juice, Coffee or Tea</i></p>	<p>♥GF Soup of Day</p> <p>Riverwood Breakfast Sandwich on Fresh Bun (Fried Egg, Sausage, Cheese, Mayonnaise) Tomato Slices</p> <p>Rum raisin Ice Cream or GF♥ Fresh Fruit Bowl</p> <p><i>Served with Juice, Coffee or Tea</i></p>
<p>♥GF Salad of Day</p> <p>Shepherd's Pie Savory Gravy Roasted Red Peppers, Mushrooms &amp; Red Onion</p> <p>Red Velvet Cake Cream Cheese Icing</p> <p><i>Served with Coffee or Tea</i></p> <p>Crackers &amp; Cheese Orange Wedges</p>	<p>♥GF Tomato Juice</p> <p>Chicken Balls &amp; Pork Spareribs Fried Rice Thia Style Vegetables</p> <p>Fortune cookie &amp; Lemon Lime Sorbet</p> <p><i>Served with Coffee or Tea</i></p> <p>Red Rose Tea Warm Baked Muffin</p>	<p>♥GF Soup of Day</p> <p>Roasted Chicken Pieces Pan Gravy Herb &amp; Garlic Stuffing Mashed Potatoes Honey Dill Glazed Baby Carrots Pumpkin Pie Spiced Whipped Cream</p> <p><i>Served with Coffee or Tea</i></p> <p>Fruint Punch / Lemonaid Fresh Banana Slices</p>	<p>♥GF Salad of Day</p> <p>Chicken Linguine Alfredo Florentine</p> <p>Garlic knot Bun</p> <p>Strawberry Lush</p> <p><i>Served with Coffee or Tea</i></p> <p>Red Rose Tea Warm Baked Cookie</p>	<p>♥GF Tomato Juice</p> <p>Chicken Breast Gravy Rice Pilaf Vall Vegetable Medley</p> <p>Red Velvet Cake Cream Cheese Icing</p> <p><i>Served with Coffee or Tea</i></p> <p>Red Rose Tea Toasted Raisin Bread</p>	<p>♥GF Soup of Day</p> <p>Poached Haddock Loin Roasted Potatoes Hollandaise sauce Roasted Asparagus</p> <p>Triple Berry Trifle</p> <p><i>Served with Coffee or Tea</i></p> <p>Ice Cream Novelty Bars</p>	<p>♥GF Salad of Day</p> <p>BBQ Braised Ribs Mashed Potatoes Tarragon Butter Carrots</p> <p>Warm Caramel Cinnamon Bread Pudding</p> <p><i>Served with Coffee or Tea</i></p> <p>Fruit Punch PB &amp; J Sandwich</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