



RIVERWOOD  
SQUARE  
RETIREMENT LIVING  
Live Life Here



## MENU

*The Landing*  
at  
RIVERWOOD SQUARE

*Harmony Court*  
at  
RIVERWOOD SQUARE



MONDAY Sept. 15<sup>th</sup>

TUESDAY Sept. 16<sup>th</sup>

WEDNESDAY Sept. 17<sup>th</sup>

THURSDAY Sept. 18<sup>th</sup>

FRIDAY Sept. 19<sup>th</sup>

SATURDAY Sept. 20<sup>th</sup>

SUNDAY Sept. 21<sup>st</sup>

### HARMONY COURT

<p>GF♥ Soup of Day</p> <p><b>BLT Salad</b> (Bacon, lettuce, Tomato, Onion, Cheese) Galic Roll</p> <p>♥GF Dainty Bar Or GF♥ Yogurt &amp; Berries</p>	<p>GF♥ Salad of Day</p> <p><b>Pasta E Fagioli</b> Warm Garlic Butter Biscuit Garden Salad</p> <p>Coke a Cola Float or GF♥ Yogurt &amp; Berries</p>	<p>GF♥ Soup of Day</p> <p><b>Tuna Salad Sandwich</b> Whole Wheat Orange Wedge</p> <p>Picked Beet Salad</p> <p>Fruit Jell-O or ♥GF Yogurt &amp; Berries</p>	<p>GF♥ Soup of Day</p> <p><b>Loaded Hot Dog</b> (Tomato, Onion, Cheese, Mustard relish) Coleslaw</p> <p>Vanilla Pudding &amp; Wafer Cookie or GF♥ Yogurt &amp; Berries</p>	<p>GF♥ Soup of Day</p> <p><b>Classic Reuben Sandwich</b> On Marble Rye</p> <p>Bread &amp; Butter Pickles</p> <p>Orange Sherbert or GF♥ Yogurt &amp; Berries</p>	<p>GF♥ Soup of Day</p> <p><b>Eggs Benedict</b> (Canadian Back Bacon, Hollandaise &amp; Poached Egg) Shredded Hashbrown</p> <p>Butter Tart or GF♥ Yogurt &amp; Berries</p>	<p>GF♥ Soup of Day</p> <p><b>Breakfast Skillet</b> (Hash Brown, Eggs, Peppers, Onions) Fresh Fruits</p> <p>GF♥ Tangerine Mousse or GF♥ Yogurt &amp; 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>♥GF Salad of Day</p> <p><b>Battered Cod</b> Tarter Sauce Red Skin Potato Wedges Garlic Bacon Brussel Sprouts</p> <p>Caramel Apple Trifle</p> <p>Served with Coffee or Tea</p>	<p>♥GF Tomato Juice</p> <p><b>Butter Chicken</b> Toasted Naan Bread Basmati Rice Steamed Parsnips</p> <p>German Chocolate Cake</p> <p>Served with Coffee or Tea</p>	<p>♥GF Soup of Day</p> <p><b>Ginger Beef Stir-fry</b> Steamed Noodles Chinese Style Vegetables (Bok Choy, carrots, peppers, snap peas)</p> <p>Mango Ice Cream</p> <p>Served with Coffee or Tea</p>	<p>♥GF Salad of Day</p> <p><b>Chicken Parmesan</b> Tomato Basil Sauce</p> <p>Buttered Egg Noodles Roasted Butternut Squash</p> <p>Pineapple Upside Down Cake</p> <p>Served with Coffee or Tea</p>	<p>♥GF Tomato Juice</p> <p><b>Lemon Pepper Haddock</b> Hollandaise Sauce</p> <p>Roasted Sweet Potato Steamed Broccoli</p> <p>Pumpkin Lush</p> <p>Served with Coffee or Tea</p>	<p>♥GF Soup of Day</p> <p><b>Rosemary Chicken Breast</b> Herb Gravy</p> <p>Roasted Potato Wedges Buttered Green Peas</p> <p>Peach Cobbler with ice Cream</p> <p>Served with Coffee or Tea</p>	<p>♥GF Salad of Day</p> <p><b>Honey Glazed Ham</b> Pineapples &amp; Cherries</p> <p>Spiced Raisin Sauce Baked Beans Herbed Mashed Potato</p> <p>Apple Pie</p> <p>Served with Coffee or Tea</p>
Crackers & Cheese Orange Wedges	Red Rose Tea Warm Baked Muffin	Fruint Punch / Lemonaid Fresh Banana Slices	Red Rose Tea Warm Baked Cookie	Red Rose Tea Toasted Raisin Bread	Ice Cream Novelty Bars	Fruit Punch PB & J Sandwich

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