



RIVERWOOD
SQUARE
RETIREMENT LIVING
Live Life Here



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY Sept. 15th

TUESDAY Sept. 16th

WEDNESDAY Sept. 17th

THURSDAY Sept. 18th

FRIDAY Sept. 19th

SATURDAY Sept. 20th

SUNDAY Sept. 21st

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
GF Soup of Day	GF Garden Salad	GF Soup of Day	GF Soup of Day	GF Soup of Day	GF Soup of Day	GF Soup of Day
BLT Salad (Bacon, lettuce, Tomato, Onion, Cheese) Galic Roll	Pasta E Fagioli Warm Garlic Butter Biscuit	Tuna Salad Sandwich Multi Grain Bread Orange Wedge	Loaded Hot Dog (Tomato, Onion, Cheese, Mustard relish Zesty Coleslaw	Classic Reuben Sandwich On Marble Rye	Eggs Benedict (Canadian Back Bacon, Hollandaise & Poached Egg) Shredded Hashbrown	Breakfast Skillet (Hashbrown, Eggs, Peppers, Onions) Fresh Fruits
GF Dainty Bar Or GF Yogurt & Berries	Coke a Cola Float or GF Yogurt & Berries	Pickled Beet Salad Fruit Jell-O or GF Yogurt & Berries	Vanilla Pudding & Wafer Cookie or GF Yogurt & Berries	Bread & Butter Pickles Orange Sherbert or GF Yogurt & Berries	Butter Tart or GF Yogurt & Berries	GF Tangerine Mousse or GF Yogurt & Berries
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 Greek Salad	GF Harvest Salad Beet, Feta, Apple, Arugula & Walnuts	GF Couscous Salad	GF Riverwood House Salad	GF Spinach Mandarin Salad	GF Creamy Coleslaw	GF Loaded Ceasar Salad
Battered Cod Tarter Sauce Red Skin Potato Wedges Garlic Bacon Brussel Sprouts Caramel Apple Trifle	Butter Chicken Toasted Naan Bread Basmati Rice Steamed Parsnips German Chocolate Cake	Ginger Beef Stir-fry Steamed Noodles Chinese Style Vegetables (Bok Choy, carrots, peppers, snap peas) Mango Ice Cream	Chicken Parmesan Tomato Basil Sauce Buttered Egg Noodles Roasted Butternut Squash Pineapple Upside Down Cake	Poached Salmon Hollandaise Sauce Roasted Sweet Potato Steamed Broccoli Pumpkin Lush	Rosemary Chicken Breast Herb Gravy Roasted Potato Wedges Buttered Green Peas Peach Cobbler with ice Cream	Honey Glazed Ham Pineapples & Cherries Baked Beans Herbed Mashed Potato Apple Pie
Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken	Alternative: Liver & Onions, Shepherd's Pie, Fish or Chicken

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

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