



# 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>

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

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