



RIVERWOOD
SQUARE
RETIREMENT LIVING
Live Life Here



MENU

The Landing
at
RIVERWOOD SQUARE

Harmony Court
at
RIVERWOOD SQUARE



MONDAY October 12

TUESDAY October 13th

WEDNESDAY October 14th

THURSDAY October 15th

FRIDAY October 16th

SATURDAY October 17th

SUNDAY October 18th

HARMONY COURT

GF♥ Tomato & Spinach Mushroom & Bacon Pizzq Cucumbers Rum & Raisin Ice Cream Or GF♥ Yogurt & Berries	GF♥ Chicken Noodle Spinach, Feta & Mushroom Quiche Carrot & Raisin Slaw Triple Berry Cake Trifle or GF♥ Fruit Cup	GF♥ Beef & Barley Mini Pulled Pork Sliders Garden Salad Zesty Dressing GF♥ Rainbow Jello Or Yogurt & Berries	GF♥ Cream of Mushroom Roasted Turkey & Swiss Cranberry Dijon Aioli Chips & Dip GF♥ Nanaimo Bar Or Yogurt & Berries	GF♥ Potato & Bacon Roast Beef & Havarti Sandwich Creamy Coleslaw GF♥ Very Berry Mousse Or Fresh Fruit Cup	GF♥ Vegetable & Rice Scrambled Eggs Bacon Strips Shredded Hashbrowns Chocolate Tart Or GF♥ Yogurt & Berries	GF♥ Fruit Smoothie Old Fashioned Fluffy Pancakes Warm Maple Syrup Whip Cream Breakfast Sausages GF♥ Fresh Fruit Plate Yogurt Dip
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
GF♥ Autumn Salad Roasted Turkey Pan Gravy & Cranberry Sauce Classic Stuffing Herb Mashed Potato Green Bean Almondine Pumpkin Pie & Whipped Cream	GF♥ Chefs Salad Veal Cutlets Gravy Brussel Sprout, Cauliflower & Sweet Potato Medley Strawberry Cheesecake Streusel Bar	♥GF Soup of Day Hoisin Chicken Stir-fry Stir fry Noodles & Thai Style Vegetables Peach Panna Cotta	♥GF Salad of Day Classic Beef Lasagna Bread Sticks German Chocolate Cake	♥GF Tomato Juice Fried Chicken Gravy Mashed Potatoes Buttered Corn Chefs Choice Pie	♥GF Soup of Day Oriental Platter Chicken Ball- Fried Rice- Spring Roll Chinese Vegetable Banana Lush	♥GF Salad of Day Roasted Pork Loin Gravy Scalloped Potatoes Fall Vegetable Medley Tigertail & Cookie
Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack

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