

# RIVERVIEW RETIREMENT COMMUNITY

(A.L. WEEK 7) July 21 thru July 27

**\*\*Spicy**

## Sunday July 21

Oatmeal/Cream of Wheat  
Fried Eggs  
Hash Browns  
Bacon

Oven Roasted Turkey Dinner  
Mashed Potatoes & Gravy  
Sage Stuffing/Cranberry Sauce  
Buttered Corn/Carrot Coins  
Apple Pie  
Alt./Chicken Fried Steak

Roast Beef and Cheddar  
Lettuce, Tomato & Pickle  
Ambrosia Salad  
Fudge Bar  
Minestrone Soup  
Corn Chowder

## Monday July 22

Oatmeal/Cream of Rice  
Scrambled Eggs  
English Muffin

BBQ Pulled Pork Sandwich  
Summer Slaw  
Mac White Chocolate Chip  
Chicken Noodle Soup  
Cream of Broccoli

Spaghetti & Meatballs  
Garlic Toast  
Harvard Beets/Scandinavian Veg.  
Basil Pesto Pasta Salad  
Chocolate Zucchini Cake  
Alt./Smothered Cube Steak

## Tuesday July 23

Oatmeal/Cornmeal  
Peach Pancakes  
Sausage Chub Link

Hawaiian Swiss Burger  
Chips  
Pear Half  
Snicker Doodle Cookie  
Beef Barley Soup  
Yukon Gold Cheddar Soup

Sweet & Sour Chicken  
Asian Fried Rice  
Mixed Asian Veg./Carrot Coins  
Asian Cucumber Salad  
Triple Berry Crumb Bar  
Alt./Veggie Lasagna

## Wednesday July 24

Oatmeal/Cream of Wheat  
Scrambled Eggs w/Bacon  
Morning Glory Muffin

Crispy Halibut Sandwich w/ Tartar  
Lettuce and Tomato  
Potato Chips  
Heath Bar Cookie  
French Onion  
Cream of Potato w/Bacon

Tropical Pork Loin  
Citrus Jasmine Rice  
Asparagus/Roasted Cauliflower  
Summer Salad  
Red, White and Blue Shortcake  
Alt/Chicken Cordon Bleu

## Thursday July 25

Oatmeal/Cream of Wheat  
Scrambled Eggs  
Biscuits & Gravy

Italian Pasta Bake\*\*  
Herbed Bread Stick  
Melon Slice  
Peanut Butter Cookie  
Italian Wedding Soup  
Mushroom & Brie Bisque

Chicken Parmesan  
Over Whole Wheat Noodles  
Braised Carrots/Brussels Sprouts  
Roasted Beets and Feta Salad  
Triple Chocolate Brownie  
Alt/Seasoned Cod

## Friday July 26

Oatmeal/Grits  
French Toast  
Maple Sausage Links

Chef Salad w/Cucumber, Tomatoes,  
Ham, Egg, Turkey, & Cheese  
Garlic Toast  
Chocolate Chip Cookie  
Clam Chowder  
Chicken Tortilla Soup\*\*

Lemon Pepper Cod  
Brown Rice Pilaf  
Cauliflower Gratin/Italian Veggies  
Caprese Salad  
Banana Bread  
Alt./Shepherd's Pie

## Saturday July 27

Oatmeal/Cream of Rice  
Denver Scramble  
Danish

Albacore Tuna Melt  
Potato Salad  
Pickle Slice  
M&M Cookie  
Vegetable Beef  
Cream of Chicken & Rice

Beef Wellington  
Scallop Potatoes  
Spinach/Broccoli  
Strawberry Jello  
Carrot Cake w/Cream Cheese Icing  
Alt./Stuffed Peppers

**Pork Loin w/Fried Apples  
Country Mashed Potatoes  
Key West Veg./Buttered Corn  
Caesar Salad  
Berry Parfait  
Alt. Chicken Marsala**