

RIVERVIEW RETIREMENT COMMUNITY

(WEEK 2) September 22 thru September 28

Spicy**

Sunday September 22

Oatmeal/Cream of Wheat
Fried Egg
Bacon
Hash Browns
Toast

BBQ Baby Back Ribs
Barb's Baked Beans
Corn on the Cob/Green Beans
Coleslaw
Cherry Pie
ALT/Chicken Parmesan

Grilled Cheese
Melon Wedge
Chocolate Chip Cookies
Tomato Soup
Chicken Noodle Soup

Monday September 23

Oatmeal/Cream of Rice
Denver Scramble
Donut

Chicken Tenders & Fries
Melon wedge
Chocolate Chip Cookie
Minestrone Soup
Cream of Tomato Soup

Beef Stroganoff
Over Egg Noodles
Italian Vegetables/Spinach
Broccoli Salad
Chocolate Chip Mint Ice-Cream
Alt./Vegetable Lasagna

Tuesday September 24

Oatmeal/Cream of Wheat
Buttermilk Pancakes
Sliced Ham

Roast Beef & Cheddar Sandwich
Lettuce & Tomato
Potato Chips
Vanilla Banana Pudding
Turkey Vegetable Soup
Cream of Potato Bacon Soup

Chicken Parmesan
Pasta Marinara
Chef's Roasted Veg./Lima Beans
Carrot Raisin Salad
White Coconut Cake
Alt./Salisbury Steak

Wednesday September 25

Oatmeal/Cream of Rice
Scrambled Eggs w/Bacon
Fresh Baked Muffin

Crispy Chicken Sandwich
Lettuce, Tomato and Pickle
Tater Tots
Cinnamon Roll
French Onion Soup
Chicken Dumpling Soup

Herb Crusted Salmon
Au Gratin Potatoes
Harvest Beets/Brussel Sprouts
Greek Pasta Salad
Apple Pie
Alt/ Pork Pot Roast

Thursday September 26

Oatmeal/Grits
Scramble Eggs
Biscuits w/Gravy

Broiled Cheeseburger
Lettuce, Tomato and Pickle
Flavor Tatars
Oatmeal Raisin Cookie
Vegetable Soup
Cream of Mushroom

Pesto Chicken
Smashed Red Potatoes
Buttered Corn/Roasted Cauliflower
Applesauce Jell-O Mold
Carrot Cake
Alt./Spinach Ravioli

Friday September 27

Oatmeal/Malt-O-Meal
French Toast
w/Hot Apple Topping
Bacon

Chicken Enchilada's **
Refried Beans / Spanish Rice
Salsa and Sour Cream
Peanut Butter Cookie
Clam Chowder
Chicken Tortilla Soup **

Lemon Pepper Cod w/Tarter
Fettuccini Alfredo
Broccoli Floret's
Alt/ Buttered Carrots
Pecan Pie
Alt/ Honey Glazed Ham

Saturday September 28

Oatmeal/Cream of Rice
Spanish Scramble
Chub Sausage links
Danish

Turkey Club Croissant
Chips
Cantaloupe wedge
Triple Chocolate Brownie
Vegetable Beef Soup
Split Pea and Ham

Chicken Fried Steak
Mashed Potatoes & Gravy
Green beans/Creamed Corn
Deviled Egg
German Chocolate Cake
Alt./Herbed Tilapia