

RIVERVIEW RETIREMENT COMMUNITY
(WEEK 1) September 15 thru September 21

Sunday September 15

Oatmeal/Cream of Wheat
Fried Eggs
Hash Browns
Bacon
Toast

Northwest Beef Stew
Buttermilk Biscuits
Cauliflower/Buttered Carrots
Green Bean Salad
ALT/ Chicken Parmesan
Pumpkin Pie

Grilled Ham and Cheese
Flavor Tatars
Melon Wedge
Chocolate Chip Cookie
Tomato Soup
Chicken Noodle Soup

Monday September 16

Oatmeal/Cream of Rice
Cinnamon French Toast
Sausage Links

Turkey Cheddar Sandwich
Tater Tots
Ambrosia Salad
Peanut Butter Cookie
Chicken and Rice
Corn Chowder

Swedish Meatballs
Over Egg Noodles
Mixed Vegetables/Waxed Beans
Cucumber Tomato Salad
Chocolate Ice-Cream
Alt./Tortellini Marinara

Tuesday September 17

Oatmeal/Cornmeal
Scrambled Eggs
Cinnamon Coffee Cake
Sliced Ham

Reuben Sandwich
Flavor Tatars
House Macaroni Salad
Triple Chocolate Brownie
Tomato Florentine Soup
Chicken & Dumpling Soup

Chicken Pot Pie
Mashed Potatoes and Gravy
Creamed Corn/Brussel Sprouts
Anti-Pasta Salad
Apple Crisp
Alt./Salisbury Steak

Wednesday September 18

Oatmeal/Malt-O-Meal
Bacon
Sweet Cream Pancakes

"Baked Potato Bar"
Cheese, Broccoli, Onions, Bacon,
Chili, Olives, Sour Cream
Sugar Cookie
Italian Meatball Soup
Cream of Potato

Almond Chicken
Asian Fried Rice
Carrot Coins/Oriental Vegetables
Deviled Eggs
Carrot Cake
Alt./Butternut Squash Ravioli
w/Alfredo

Thursday September 19

Oatmeal/Grits
Western Scramble
Danish

Crispy Ranch Chicken
Lettuce, Tomato
Potato Chips
Chocolate Chip Cookie
Split Pea
Mediterranean Lentil

Beef Pot Roast
Mashed Potatoes & Gravy
Mixed Vegetables / Glazed Carrots
Waldorf Salad
Cherry Crisp
Alt./Pork Loin

Friday September 20

Oatmeal/Cream of Wheat

Biscuits and Gravy
Scrambled Eggs
Donut

Club House Salad, w/Turkey,
Tomato, Egg and Bacon
Baked bread Stick
Chocolate Pudding
Clam Chowder
Chicken Rice Florentine

Shrimp Scampi
Brown Rice Pilaf
Broccoli / Spinach
Coleslaw
Blueberry Cheesecake
Alt./Swiss Steak

Saturday September 21

Oatmeal/Cream of Rice
Turkey Sausage Links
French Waffle

Philly Steak Sandwich
French Fries
Pickled Beets
Heath bar Cookie
Vegetable Soup
Chicken Cheese Cauliflower

Baked Italian Lasagna
Garlic Toast
Creamed Peas / Broccoli
Moroccan Carrot Salad
Chocolate Mint Ice-cream
Alt./Chicken Vienna