

**RIVERVIEW RETIREMENT COMMUNITY
(WEEK 3) September 29 thru October 5**

Spicy**

Sunday September 29

Oatmeal/Cream of Wheat
Fried Egg
Hash Browns
Bacon

Honey Glazed Ham
Mashed Potatoes and Gravy
Brussel Sprouts/Buttered Corn
Macaroni Salad
Vanilla Pudding
Swiss Steak

Grilled Tuna Melt
Sliced Tomatoes
Corn Chips
Peanut Butter Cookies
Minestrone Soup
Cream of Potato Soup

Monday September 30

Oatmeal/Cream of Wheat
Western Scramble
Danish

Chicken Strips and Fries
Creamy Coleslaw
Triple Chocolate Chip Cookie
Beef Barley Soup
Cream of Potato and Bacon Soup

Spaghetti w/ Meat Sauce
Garlic Toast
Broccoli/Hominy
Ham & Pea Salad
Orange Sherbet
Alt./Stuffed Pepper

Tuesday October 1

Oatmeal/Cream of Wheat
French Waffle
Strawberry Topping
Sausage Links

Ham & Swiss Sandwich
Lettuce, Tomato and Pickle
Potato Chips
Double Chocolate Brownie
Beef Noodle Soup
Roasted Red Pepper Bisque

Roast Beef w/Horseradish
Mashed Potatoes/Gravy
Mixed Veggies/Buttered Corn
Potato Salad
Pumpkin Pie
Alt./Chicken Alfredo

Wednesday October 2

Oatmeal/Cream of Wheat
Scrambled Eggs w/Bacon
Apple Scone

Patty Melt w/Caramelized Onions
Crisp French Fries
Vanilla Pudding
Vegetable Soup
Cream of Mushroom Soup
Melon Wedge

Seared Salmon
Rice Pilaf
Chef's Veggies/ Buttered Carrots
Marinated Vegetable Salad
Triple Berry Crumb Bar
Alt./Beef Ravioli Marinara

Thursday October 3

Oatmeal/Cream of Wheat
Buttermilk Pancakes
Maple Sausage Links

Chicken Taco **
Lettuce, Tomato and Cheese
Spanish Rice and Refried Beans
Peanut Butter Cookie
Chicken Tortilla Soup**
Cream of Broccoli

Chicken Cacciatore
Chive Mashed Potatoes
Candied Carrots/Roasted Cauliflower
Tomato, Basil, Mozzarella Salad
Frosted Spice Cake
Alt./Baked Pit Ham

Friday October 4

Oatmeal/Cream of Wheat
Scrambled Eggs
Biscuits & Gravy

Cob Salad w/Bacon, Tomatoes
Turkey, Ham, Egg, Cheese
Fresh Baked Bread Stick
Snickerdoodle Cookie
Clam Chowder
Chicken Noodle

Battered Shrimp Basket
Flavor Taters
Spinach/Wax Beans
Shrimp Pasta Salad
Fruit Parfait
Alt./Macaroni & Cheese

Saturday October 5

Oatmeal/Grits
Scrambled Eggs Saratoga
Donut

Roasted BBQ Chicken
Potato Salad
Melon Wedge
Wild Berry Mousse
Vegetable Beef Soup
Cream of Cauliflower

Creamy Parmesan Meatballs
Over Whole Wheat Noodles
Scandinavian Veg./Brussel Sprouts
Tomato & Cucumber Salad
Frosted Poppy Seed Cake
Alt./Sesame Chicken