

	MONDAY November 1	TUESDAY November 2	WEDNESDAY November 3	THURSDAY November 4	FRIDAY November 5	Saturday November 6	SUNDAY November 7
B R E A K F A S T	Chef Choice Omelette, Tomato Slices, Toast, and Fresh Fruit	Hot/Cold Cereal, Yogurt, Raisin Toast, Peach Slices and Fresh Fruit	Pancakes, Syrup, Bacon, and Fresh Fruit	Hot/Cold Cereal, Fruit Cocktail, Banana Bread, Honey Butter and Fresh Fruit	Poached Eggs, Hashbrowns, Toast, Tomato Slice and Fresh Fruit	Hot/Cold Cereal, Yogurt, Muffin, Pear Slices and Fresh Fruit	Waffles, Berry Sauce, Sausage, and Fresh Fruit
L U N C H	Turkey Pot Pie, Veggies, Dip, Tomato Juice, and Fresh Fruit	Beef Chili, Cheese Toast, Melon Slices, and Fresh Fruit	BBQ Pork Burger, Onion Rings, Melon Slices, and Fresh Fruit	Seafood Chowder, Fresh Baked Roll, and Fresh Fruit	Meatball Sandwich, Potato Salad, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit
D I N N E R	Oven Fried Chicken OR Pork Chop in Mushroom Sauce with Savory Herbed Potato, and Hot Vegetables	Salisbury Steak OR Veal Cutlets with Twice Baked Potato, and Hot Vegetables	Chicken Florentine Lasagna OR Beef Ravioli with Bread Sticks, and a Chef Choice Salad	Liver and Onions OR BBQ Chicken Breast with Baked Potato, and Hot Vegetables	Lemon Dill Salmon OR Hawaiian Chicken Thigh with Rice, and Hot Vegetables	Pork Roast, Mashed Potatoes, Gravy, Apple Sauce, and Hot Vegetables	Roasted Chicken Roasted Baby Potatoes, and Hot Vegetables
DESSERT	Chef Choice	Creamy Mandarin Salad	Rice Pudding	Berry Crisp	Fruit Cake	Ice Cream	Chef Choice Pie

## DESCRIPTIONS

\*Those allergic to seafood will have the option of tomato vegetable, chicken noodle, or mushroom soup\*

\*Hawaiian Chicken - Teriyaki sauce with a pineapple ring baked on top\*

## WEEK 2

## Riverbend Fall Menu 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	SUNDAY
	November 8	November 9	November 10	November 11	November 12	November 13	November 14
B R E A K F A S T	Hot/Cold Cereal, Fruit Cocktail, Bagel with Cream Cheese, and Fresh Fruit	Fried Eggs, Bacon, Hashbrowns, Toast and Fresh Fruit	Hot/Cold Cereal, Yogurt, Orange Wedges, a Muffin, and Fresh Fruit	Pancakes, Sausage, Peach Slices, and Fresh Fruit	Scrambled Eggs with Cheese, Tomato Slices, Toast, and Fresh Fruit	Waffles, Whip Cream, Fresh Berries, and Fresh Fruit	Hot/Cold Cereal, Fruit Cocktail, Raisin Toast, Yogurt, and Fresh Fruit
L U N C H	Veggie Croissant, Soup of the Day, Pickle Slices, and Fresh Fruit	Hot Dog, Curly Fries, Coleslaw Salad, and Fresh Fruit	Chef Choice Quiche, Broccoli Salad, Tomato Juice, and Fresh Fruit	Wonton Soup, Spring Rolls, Cucumber Slices, and Fresh Fruit	Beef Dip, Au Jus, Yam Fries, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit
D I N N E R	Chicken Kiev and Warm Potato Salad OR Meat Pie with a Biscuit and Hot Vegetables	Spaghetti and Meatballs OR Chicken Parmesan with Pasta Alfredo, and Garlic Toast	Swiss Steak OR Italian Sausages with Mashed Potatoes, and Hot Vegetables	Curry Chicken OR Turkey Schnitzel and Gravy with Rice, and Hot Vegetables	Breaded Sole Filet OR French Onion Pork Chop with a Baked Potato, and Hot Vegetables	BBQ Ribs, Twice Baked Potato, and Hot Vegetables	Ham, Au Gratin Potatoes, Apple Sauce, Hot Vegetables, and Fresh Fruit
DESSERT	Chef Choice	Ambrosia Salad	Fruit Jello	Carrot Cake	Baked Raisin Pudding	Ice Cream	Chef Choice Pie



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	SUNDAY
	November 15	November 16	November 17	November 18	November 19	November 20	November 21
B R E A K F A S T	Western Omelette, Toast, Bacon, and Fresh Fruit	Pancakes, Roasted Apples with Cinnamon, Whip Cream, and Fresh Fruit	Fried Eggs, Toast, Sausage, and Fresh Fruit	Hot/Cold Cereal, Fruit Cocktail, Raisin Toast, and Fresh Fruit	Poached Eggs, Toast, Hashbrowns, Tomato Slices, and Fresh Fruit	Hot/Cold Cereal, Muffin, Yogurt Orange Slices, and Fresh Fruit	Waffles, Berry Sauce, Bacon and Fresh Fruit
L U N C H	Salami Sub Sandwich, Pasta Salad, Tomato Juice, and Fresh Fruit	Chicken Fingers, Plum Sauce, Greek Salad, and Fresh Fruit	Salmon Salad Croissant, Soup of the Day, Cucumber Slices, and Fresh Fruit	Southwest Chicken Salad, Buttermilk Biscuit, Assorted Melon Slices, and Fresh Fruit	Chicken and Brie Sandwich, Caesar Salad, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit
D I N N E R	Chicken A La King <b>OR</b> Haddock Filets with Mashed Potatoes, and Hot Vegetables	Macaroni Hamburger Casserole with a Dinner Roll <b>OR</b> Salmon with Rice, and Hot Vegetables	Chicken Souvlaki <b>OR</b> Crusted Cod with Greek Potatoes, and Hot Vegetables	Pork Cutlet with Gravy and Mashed Potatoes <b>OR</b> Shepherd's Pie with Hot Vegetables	Meatloaf <b>OR</b> Lemon Pepper Rockfish with Butter Roasted Parsnips, and a Dinner Roll	Beef Pot Roast, Braised Vegetables, Buscuit, and a Garden Salad	Turkey Thigh Roast, Mashed Potatoes, Stuffing, Cranberry Sauce, and Gravy
D E S S E R T	Chef Choice	Bread Pudding	Coffee Cake	Cheesecake Square	Pudding with a Wafer Cake	Ice Cream	Chef Choice Pie

WEEK 1

Riverbend Fall Menu 2021

	MONDAY November 22	TUESDAY November 23	WEDNESDAY November 24	THURSDAY November 25	FRIDAY November 26	Saturday November 27	SUNDAY November 28
B R E A K F A S T	Chef Choice Omelette, Tomato Slices, Toast, and Fresh Fruit	Hot/Cold Cereal, Yogurt, Raisin Toast, Peach Slices and Fresh Fruit	Pancakes, Syrup, Bacon, and Fresh Fruit	Hot/Cold Cereal, Fruit Cocktail, Banana Bread, Honey Butter and Fresh Fruit	Poached Eggs, Hashbrowns, Toast, Tomato Slice and Fresh Fruit	Hot/Cold Cereal, Yogurt, Muffin, Pear Slices and Fresh Fruit	Waffles, Berry Sauce, Sausage, and Fresh Fruit
L U N C H	Turkey Pot Pie, Veggies, Dip, Tomato Juice, and Fresh Fruit	Beef Chili, Cheese Toast, Melon Slices, and Fresh Fruit	BBQ Pork Burger, Onion Rings, Melon Slices, and Fresh Fruit	Seafood Chowder, Fresh Baked Roll, and Fresh Fruit	Meatball Sandwich, Potato Salad, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit
D I N N E R	Oven Fried Chicken OR Pork Chop in Mushroom Sauce with Savory Herbed Potato, and Hot Vegetables	Salisbury Steak OR Veal Cutlets with Twice Baked Potato, and Hot Vegetables	Chicken Florentine OR Beef Ravioli with Bread Sticks, and a Chef Choice Salad	Liver and Onions OR BBQ Chicken Breast with Baked Potato, and Hot Vegetables	Lemon Dill Salmon OR Hawaiian Chicken Thigh with Rice, and Hot Vegetables	Pork Roast, Mashed Potatoes, Gravy, Apple Sauce, and Hot Vegetables	Roasted Chicken Roasted Baby Potatoes, and Hot Vegetables
DESSERT	Chef Choice	Creamy Mandarin Salad	Rice Pudding	Berry Crisp	Fruit Cake	Ice Cream	Chef Choice Pie

DESCRIPTIONS

\*Those allergic to seafood will have the option of tomato vegetable, chicken noodle, or mushroom soup\*

\*Hawaiian Chicken - Teriyaki sauce with a pineapple ring baked on top\*



## WEEK 2

## Riverbend Fall Menu 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	SUNDAY
	November 29	November 30	December 1	December 2	December 3	December 4	December 5
B R E A K F A S T	Hot/Cold Cereal, Fruit Cocktail, Bagel with Cream Cheese, and Fresh Fruit	Fried Eggs, Bacon, Hashbrowns, Toast and Fresh Fruit	Hot/Cold Cereal, Yogurt, Orange Wedges, a Muffin, and Fresh Fruit	Pancakes, Sausage, Peach Slices, and Fresh Fruit	Scrambled Eggs with Cheese, Tomato Slices, Toast, and Fresh Fruit	Waffles, Whip Cream, Fresh Berries, and Fresh Fruit	Hot/Cold Cereal, Fruit Cocktail, Raisin Toast, Yogurt, and Fresh Fruit
L U N C H	Veggie Croissant, Soup of the Day, Pickle Slices, and Fresh Fruit	Hot Dog, Curly Fries, Coleslaw Salad, and Fresh Fruit	Chef Choice Quiche, Broccoli Salad, Tomato Juice, and Fresh Fruit	Wonton Soup, Spring Rolls, Cucumber Slices, and Fresh Fruit	Beef Dip, Au Jus, Yam Fries, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit	Soup of the Day, Salad, Bun, and Fresh Fruit
D I N N E R	Chicken Kiev and Warm Potato Salad OR Meat Pie with a Biscuit and Hot Vegetables	Spaghetti and Meatballs OR Chicken Parmesan with Pasta Alfredo, and Garlic Toast	Swiss Steak OR Italian Sausages with Mashed Potatoes, and Hot Vegetables	Curry Chicken OR Turkey Schnitzel and Gravy with Rice, and Hot Vegetables	Breaded Sole Filet OR French Onion Pork Chop with a Baked Potato, and Hot Vegetables	BBQ Ribs, Twice Baked Potato, and Hot Vegetables	Ham, Au Gratin Potatoes, Apple Sauce, Hot Vegetables, and Fresh Fruit
DESSERT	Chef Choice	Ambrosia Salad	Fruit Jello	Carrot Cake	Baked Raisin Pudding	Ice Cream	Chef Choice Pie

DESCRIPTIONS