

RIVERSIDE LIONS FOOD SERVICES MENU WEEK 1



NOTE: Whole wheat bread available at lunch & dinner. Milk, Coffee, Tea served at all meals. Juice is available at lunch instead of Soup. Diet options are available for desserts. **Menu is subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	French Toast with Syrup & Bacon Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Boiled Egg & Ham Toast with Jams, Jellies, & Marmalade	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Pancakes & Syrup Breakfast Sausage Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies
Minestrone Soup	Chicken & Rice Soup	Chicken Noodle Soup	Cream of Asparagus Soup	Leek & Potato Soup	Chicken Gumbo	Mushroom Barley Soup
Quiche Lorraine OR Club House Sandwich	Beef Stir-Fry with Steamed Rice OR BBQ Pork on a bun	Hot Dog OR Egg Salad Plate	Open Face Hot Turkey Sandwich OR Grilled Cheese Sandwich	Macaroni & Cheese OR Salmon Salad Sandwich	Shepherd's Pie & Gravy OR Ham Salad Sandwich	Seasoned Chicken Strips & Country Fries OR BLT Sandwich
Tossed Salad	Carrot Salad	Potato Salad	Tossed Salad	Pickled Beets	Tossed Salad	Coleslaw
Butterscotch Pudding	Sliced Peaches	Jello & Cookie	Rice & Raisin Pudding	Strawberry Sundae	Apricot ½	Tapioca Pudding
Soup of the Day OR Caesar Salad	Soup of the Day OR Cucumber Salad	Soup of the Day OR Garden Salad	Soup of the Day OR Mixed Greens	Soup of the Day OR Garden Salad	Soup of the Day OR Caesar Salad	Soup of the Day OR Garden Salad
Veal Parmesan OR Baked Ham	Chicken Thighs & Rice OR Baked Beans, Bratwurst Sausage	Tourtière French Meat Pie with Gravy OR Liver & Onions	Ham & Chicken Casserole OR Roast Pork & Gravy Roasted Potatoes	Breaded Sole OR Swedish Meatballs	Grilled Chicken with Mushroom Sauce OR BBQ Pork Chops	Roast Beef with Gravy OR Chicken Souvlaki
Scalloped Potatoes Diced Carrots	Garlic Mashed Potatoes Corn	Mashed Potatoes Diced Turnips	California Mix	Mashed Potatoes Peas & Pearl Onions	Rice & Italian Mixed Vegetables	Oven Roasted Potatoes Pearl Harvest
Butter Tart Square	Blueberry Pie	Coconut Cake	Fresh Fruit Cup	French Tart	Apple Crisp	Pineapple Cheesecake

RIVERSIDE LIONS FOOD SERVICES MENU WEEK 2



NOTE: Whole wheat bread available at lunch & dinner. Milk, Coffee, Tea served at all meals. Juice is available at lunch instead of Soup. Diet options are available for desserts. **Menu is subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boiled Egg & Bacon Toast with Jams, Jellies, & Marmalade	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	French Toast Syrup Breakfast Sausage Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Scrambled Egg Grilled Ham Toast, Jams, Jellies & Marmalade Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Cheese Omelette Toast, Jams, Jellies & Marmalade Assorted Juice
Cream of Broccoli Soup Chicken Vegetable Stir-Fry with Rice OR Mini Sub Sandwich Tossed Salad Banana Pudding	Tomato Vegetable Soup Three Cheese Omelette & Savory Diced Potatoes OR Shaved Beef Sandwich Carrot Raisin Salad Strawberry Yogurt	Lentil Soup Vegetarian Lasagna & Garlic Toast OR Turkey Salad Sandwich Tossed Salad Sliced Peaches	Beet Borscht Monte Cristo Sandwich on Rye OR Crab Salad on a Croissant Stewed Tomatoes Banana Loaf	Beef Noodle Soup Fish Burger & Tossed Salad OR Cottage Cheese, Fruit & Cheese Scone Pineapple Upside Down Cake	Chicken Rice Soup Fried Egg & Cheddar on English Muffin OR Cranberry Turkey on Focaccia Bread Coleslaw Seasonal Fresh Fruit	Bean & Bacon Soup Cheeseburger & Potato Salad OR Tuna Salad Plate Sliced Tomatoes Vanilla Pudding
Soup of the Day OR Tossed Salad Breaded Cod Tail OR BBQ Pork Ribs Rice & French Green Beans Strawberry Rhubarb Pie	Soup of the Day OR Mixed Greens Chicken Pot Pie & Gravy OR Swiss Steak Mashed Potatoes Peas & carrots Date Square	Soup of the Day OR Greek Salad Teriyaki Beef Strips & Fried Rice OR Pork Cutlet & Mushroom Sauce O' Brien Potatoes Cauliflower Angel Food Cake	Soup of the Day OR Caesar Salad Chicken Parmesan OR Glazed Baked Ham Scalloped Potatoes Broccoli Coconut Cream Pie	Soup of the Day OR Garden Salad Battered Haddock OR Breaded Veal Cutlet Roasted Yam Wax Beans Chocolate Cake	Soup of the Day OR Mixed Greens Beef Stew & Biscuits OR BBQ Chicken Mashed Potatoes California Mix Lemon Loaf	Soup of the Day OR Garden Salad Roast Turkey, Dressing & Gravy OR Meatloaf & Gravy Mashed Potatoes Brussel Sprouts & Carrots Strawberry Shortcake

RIVERSIDE LIONS FOOD SERVICES MENU WEEK 3



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Waffles & Syrup Breakfast Sausage Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Omelette, Bacon Rye Toast, Jams, Jellies, & Marmalade Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Pancakes & Syrup, Ham Assorted Juice, Bacon	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies
Beef Barley Soup	Onion Soup	Cream of Carrot Soup	Chicken Vegetable Soup	Split Pea & Ham Soup	Beef Noodle Soup	Chicken Florentine Soup
Chili & WW Roll OR Sliced Ham Sandwich	Western Omelette & Whole Wheat Toast OR Corned Beef Sandwich on Rye	Oriental Beef Stir-Fry & Steamed Rice OR Chef's Salad	Spaghetti with Meat Sauce & Garlic Bread OR Open Face Egg Salad on WW Bun	Broccoli & Cheddar Quiche OR Grilled Cheese Sandwich	Ham & Pineapple Pizza OR Shaved Turkey Sandwich	Macaroni, Tomato & Cheese & Grilled Ham OR Chicken Salad Plate on Multigrain Kaiser
Cauliflower Salad	Coleslaw		Tossed Salad	Tomato Salad	Apple Coleslaw	Tossed Salad
Chocolate Pudding	Diet Raspberry Yogurt	Orange Poppy Seed Cake	Cranberry Square	Vanilla Pudding	Iced Cupcake	Sliced Peaches
Soup of the Day OR Spinach Salad	Soup of the Day OR Tossed Salad	Soup of the Day OR Mixed Greens	Soup of the Day OR Garden Salad	Soup of the Day OR Caesar Salad	Soup of the Day OR Cucumber Salad	Soup of the Day OR Mixed Greens
Stuffed Salmon Fillet OR Chicken Fettuccini Alfredo	Teriyaki Chicken Drumsticks OR Meatloaf & Gravy	Farmer Sausage & Perogies OR BBQ Ribs	Pork Cutlet & Gravy OR Roast Beef & Gravy	English Style Fish OR Meatballs & Mushroom Gravy	Beef Stroganoff Noodles OR Glazed Baked Ham	Pork Kabob OR Salisbury Steak with Fried Onions
Broccoli	Parslied Potatoes Peas & Carrots	Steamed Potatoes Buttered Cabbage	Oven Roasted Potatoes Corn	Double Baked Potato Peas	Mashed Potatoes California Mix	Garlic Mashed Potatoes French Style Green Beans
Apple Cake	Jell-O & Cookie	Fudge Marble Cake	Fruit Cocktail	Black Forest Cake	Lemon Meringue Tart	Apple Pie

RIVERSIDE LIONS FOOD SERVICES MENU WEEK 4



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
French Toast with Syrup & Bacon Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Boiled Egg & Ham Toast with Jams, Jellies, & Marmalade	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Blueberry Pancakes & Syrup Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Scrambled Eggs, Breakfast Sausage & Toast with Jams, Jellies & Marmalade Assorted Juice
Cream of Cauliflower	Chicken Borscht Soup	Vegetable Rice Soup	Cream of Broccoli Soup	Chicken Minestrone Soup	White Bean & Bacon	Tomato Vegetable Soup
Grilled Ham & Swiss on Rye OR Hamburger on WW Bun	Toasted Denver Sandwich OR Shaved Beef Sandwich	Ham & Cheese or Vegetarian Pizza OR Hot Chicken Caesar Salad & Garlic Toast	Grilled Chicken Burger OR Corned Beef Sandwich on Rye	Beef Macaroni & Cheese OR Salmon Salad on Croissant	Sweet & Sour Pork with Rice OR Turkey Salad Plate	Tuna Melt OR Mini Sub Sandwich
Tossed Salad	Carrot & Celery Sticks	Tossed Salad	Coleslaw	Sliced Tomatoes	Tossed Salad	Broccoli Raisin Salad
Apricots	Blueberry Yogurt	Brownie Square	Pear Half	Ice Cream	Sliced Peaches	Tapioca Pudding
Soup of the Day OR Mixed Greens	Soup of the Day OR Tomato Juice	Soup of the Day OR Caesar Salad	Soup of the Day OR Mixed Greens	Soup of the Day OR Tossed Salad	Soup of the Day OR Garden Salad	Soup of the Day OR Mixed Greens
Hawaiian Chicken Stir-Fry & Rice OR Beef Stew & Biscuits	Beef Pot Pie OR Breaded Sole	Chicken Parmesan OR Shepherd's Pie & Gravy	Salisbury Steak, Gravy & Perogies OR Meat Lasagna & Garlic Toast	Lemon Pepper Cod OR Baked Pork Chops	Spaghetti with Meat Sauce & Garlic Toast OR Pepper Steak	Open Faced Roast Beef OR Chicken Cacciatore
Mixed Vegetables	Rice Medley Italian Mix Vegetables	Mashed Potatoes Peas	Glazed Parsnips	Baked Potato Cauliflower	Mashed Potatoes Yellow Beans	Home Fries P.E.I. Mix
Banana Pudding	Chocolate Cake	Apple Tart	Date Square	Berry Cheesecake	Apple Crisp	Carrot Cake

RIVERSIDE LIONS FOOD SERVICES MENU WEEK 5



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Waffles with Syrup & Breakfast Sausages, Assorted Juices	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Mushroom & Cheese Omelette & Bacon, Assorted Juices	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Bacon N' Egger with Fruit Cup, Assorted Juices	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies
Pepper Pot Soup	Italian Wedding Soup	Cream of Tomato Soup	Mulligatawny Soup	Alphabet Soup	Mushroom Soup	Chicken Noodle Soup
Taco Salad with Sour Cream & Salsa OR Meatball Sub with Garden Salad	Reuben Sandwich OR Chicken Fingers & Fries with Honey Dill Sauce Coleslaw	Grilled Cheese Panini with Bacon OR French Beef Dip with Au Jus Cucumber Salad	Veggie Bagel Sandwich OR Egg Salad Wrap Pasta Salad	Crispy Chicken Caesar Wrap OR Pepperoni Pizza & Garden Salad	Hot Dog with Cheese, Bacon, Onion Rings OR Spinach Salad with Bacon & Egg	Chicken Quesadillas with Sour Cream & Salsa OR Fish & Chips with Tartar Sauce
Raisin Tart	Bread Pudding	Fresh Fruit with Vanilla Pudding & Whipped Topping	Lemon Rice Pudding	Strawberry Sundae	Trifle	Tapioca Pudding
Soup of the Day OR Cucumber Salad	Soup of the Day OR Caesar Salad	Soup of the Day OR Greek Salad	Soup of the Day OR Mixed Greens	Soup of the Day OR Garden Salad	Soup of the Day OR Spinach Salad	Soup of the Day OR Mixed Greens
Butter Chicken OR Hungarian Goulash	Penne Primavera OR Bourguignon on Texas Toast	Fried Chicken OR Herb-Parmesan Pollock in a light Tomato Sauce	Beef Short Ribs OR Braised Chicken with Mushrooms & Spinach	Stuffed Pork Loin OR Baked Cod	Meatballs, Cabbage Rolls & Perogies OR Chicken Enchiladas with Rice Pilaf	Beef Brisket OR Chicken Schnitzel, Purple Cabbage
Rice & Glazed Carrots	Green Beans & Roasted Potato	Mashed Potato & Corn on the Cob	Colcannon Potatoes	Italian Mixed Vegetables		Garlic Mashed Potatoes
Chocolate Cream Pie	Cherry Jelly Roll	Ice Cream with Chocolate & Caramel Sauce	Harvest Cake with Whipped Topping	Lemon Square	Peach Cobbler with Whipped Topping	Oreo Cheesecake