

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. **The menu is subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Continental Breakfast Assorted Juice, Oatmeal or Cereal, Toast or 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 with Syrup & Breakfast Sausage Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies
Minestrone	Chicken & Rice	Chicken Noodle	Cream of Asparagus	Mushroom Barley	Chicken Gumbo	Leek & Potato
Quiche Lorraine OR Club House Sandwich	Beef Stir-Fry with Steamed Rice OR BBQ Chicken Tostadas	Hot Dog OR Egg Salad Plate	Open Face Hot Turkey Sandwich OR Grilled Cheese Sandwich	Seasoned Chicken Strips & Country Fries OR BLT Sandwich	Shepherd's Pie & Gravy OR Ham Salad Sandwich	Macaroni & Cheese OR Salmon Salad Sandwich
Tossed Salad	Carrot Salad	Potato Salad	Tossed Salad	Coleslaw	Tossed Salad	Pickled Beets
Butterscotch Pudding	Sliced Peaches	Jello & Cookie	Rice & Raisin Pudding	Tapioca Pudding	Apricot ½	Strawberry Sundae
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 Drumstick & 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 OR Mandarin Orange	Blueberry Pie OR Diet Cookie	Coconut Cake OR Cantaloupe Wedge	Fresh Fruit Cup Only	French Tart OR Diet Pudding or fruit	Apple Crisp OR Apple Sauce	Pineapple Cheesecake OR Diet Cookie

RIVERSIDE LIONS' FOOD SERVICES MENU WEEK 2

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

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 with Syrup & Breakfast Sausage Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Omelet & Bacon Rye Toast with Jams, Jellies, & Marmalade Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Pancakes with Syrup & Ham Assorted Juice	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies
Beef Barley Soup	Beef Noodle Soup	Cream of Carrot Soup	Chicken Vegetable Soup	Split Pea & Ham Soup	Onion Soup	Chicken Florentine Soup
Chili & WW Roll OR Sliced Ham Sandwich	Ham & Pineapple Pizza OR Corned Beef 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	Western Omelet & Whole Wheat Toast OR Shaved Turkey Sandwich	Macaroni, Tomato & Cheese & Grilled Ham OR Chicken Salad Plate on Multigrain Kaiser
Cauliflower Salad	Apple Coleslaw		Tossed Salad	Tomato Salad	Coleslaw	Tossed Salad
Chocolate Pudding	Iced Cupcake	Cranberry Orange Cake	Cranberry Square	Vanilla Pudding	Diet Raspberry Yogurt	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 Green Beans
Apple Cake OR Apple Sauce	Jell-O & Cookie Only	Fudge Marble Cake OR Pear Half	Fruit Cocktail Only	Black Forest Cake OR Diet Chocolate Cake	Lemon Meringue Tart OR Diet Lemon Tart	Apple Pie OR Apple Sauce

RIVERSIDE LIONS' FOOD SERVICES MENU

WEEK 4

NOTE: Whole wheat bread available at lunch & dinner. Milk, coffee, tea served at all meals. Juice is available at lunch instead of soup.
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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 with 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	White Bean & Bacon	Vegetable Rice Soup	Cream of Broccoli Soup	Chicken Minestrone Soup	Chicken Borscht Soup	Tomato Vegetable Soup
Grilled Ham & Swiss on Rye OR Hamburger on WW Bun	Sweet & Sour Pork with Rice OR Turkey Salad Plate	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	Toasted Denver Sandwich OR Shaved Beef Sandwich	Tuna Melt OR Mini Sub Sandwich
Tossed Salad	Tossed Salad	Tossed Salad	Coleslaw	Sliced Tomatoes	Carrot & Celery Sticks	Broccoli Raisin Salad
Apricots	Sliced Peaches	Brownie Square	Pear Half	Ice Cream	Blueberry Yogurt	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 OR Diet Dessert	Chocolate Cake OR Fruit Cocktail	Apple Tart OR Diet Vanilla Pudding	Date Square OR Diet Jell-O	Berry Cheesecake OR Fresh Fruit Cup	Apple Crisp OR Stewed Apples	Carrot Cake OR Diet Banana Pudding

RIVERSIDE LIONS' FOOD SERVICES MENU WEEK 5

NOTE: Whole wheat bread available at lunch & dinner. Milk, coffee, tea served at all meals. Juice is available at lunch instead of soup.
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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 Omelet Served with 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	Mushroom Soup	Chicken Noodle	Alphabet Soup	Cream of Tomato	Mulligatawny Soup
Taco Salad with Sour Cream & Salsa OR Meatball Sub	Reuben Sandwich OR Chicken Fingers & Fries	Hot Dog with Cheese, Bacon, Onion Rings OR Spinach Salad with Bacon & Egg	Chicken Quesadillas OR Fish & Chips	Crispy Chicken Caesar Wrap OR Pepperoni Pizza	Grilled Cheese Panini with Bacon OR French Beef Dip with Au Jus	Veggie Croisant Sandwich OR Egg Salad Sandwich
Garden Salad	Coleslaw		Coleslaw	Garden Salad	Cucumber Salad	Pasta Salad
Raisin Tart	Bread Pudding	Trifle	Tapioca Pudding	Strawberry Sundae	Fresh Fruit with Vanilla Pudding	Lemon Rice 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	Beef Short Ribs OR 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 OR Diet Chocolate Cream Pie	Lemon Blueberry Pound Cake OR Diet Jell-O	Ice Cream with Chocolate & Caramel Sauce OR Diet Ice Cream Cup	Harvest Cake OR Diet Mousse	Lemon Square OR Diet Lemon Tarte	Banana Cream Pie OR Jell-O	Oreo Cheesecake OR Fruit Cup

RIVERSIDE LIONS' FOOD SERVICES MENU

WEEK 6

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Western Omelet with a choice of Toast or Fresh Fruit, Assorted Juices	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Breakfast Skillet served with Fresh Fruit, Assorted Juices	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Eggs Benedict served on Toast, Assorted Juices	Continental Breakfast Assorted Juice, Oatmeal, Cereal, Toast, Muffins, Peanut Butter, Jams, Jellies	Bacon N' Egger with Fruit Cup, Assorted Juices
Cream of Celery Ravioli with Rosé Sauce OR Italian Pasta Salad	Ground Turkey & Vegetable Philly Steak Melt OR Spring Rolls Garden Salad	Cream of Potato Grilled Asparagus Crêpe OR Vietnamese Sandwich	French Onion Chicken Burger with 7 Bean Salad OR Black Bean & Corn Nachos	Tomato Bisque Tomato, Spinach & Feta Frittata OR Crab Rolls & Garden Salad	Potato & Corn Chowder Sloppy Joe & Fries OR Chicken Tortilla Crunch Salad	Zucchini Broth Pulled Pork Sandwich with Chickpea Salad OR Chicken Salad Pita
Cherry Tart	Date & Pineapple Loaf	Pineapple Square	Cherry Cha Cha	Creamy Lemon Pudding	Vanilla Pudding	Carrot Loaf
Soup of the Day OR Mixed Greens Chicken Stew & Dumplings OR Pork Chop with warm Apple Slaw Blueberry Short Cake OR Fruit	Soup of the Day OR Kale Salad Beef & Potato Moussaka OR BBQ Pork Ribs & Rice PEI Vegetable Mix Almond Pan Tart OR Diet Pudding	Soup of the Day OR Garden Salad Fried Chicken with Mashed Potato & corn OR Pesto Gnocchi & Chicken Skillet Red Velvet Cake OR Fresh Fruit	Soup of the Day OR Mandarin Salad Country Fried Steak with Gravy OR Chicken à la King Mashed Potato Banana Cake OR Diet Banana Loaf	Soup of the Day OR Coleslaw Roasted Pork Loin with Parsley Potatoes OR Jambalaya over Rice Chocolate Cake OR Diet Chocolate Mousse	Soup of the Day OR Tomato Salad Stuffed Pasta Shells OR Breaded Beef Cutlet Mashed Potato & Peas Chocolate Amaretto Cheesecake OR Diet Pudding	Soup of the Day OR Ceasar Salad Stuffed Chicken with roasted Potatoes OR Farmer Sauvage & Perogies Lemon Meringue Pie OR Diet Chocolate Pie