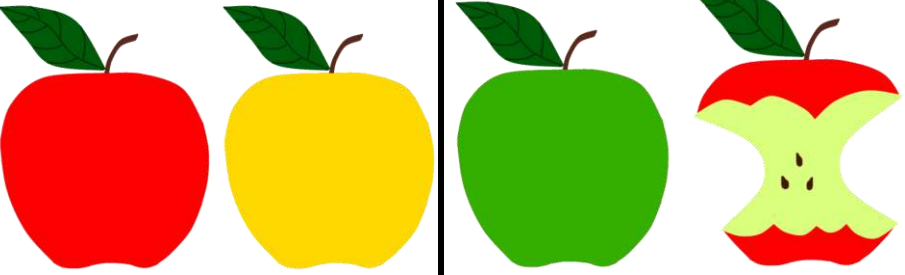
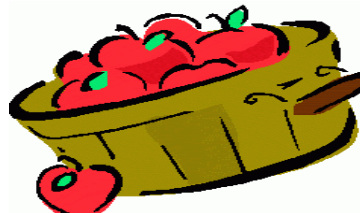


River Bend September Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 (D) Fried Chicken, Mashed Potatoes, Chicken Gravy, Green Beans</p> <p>(S) Sloppy Joe on a Bun, Potato Chips</p>	<p>2 (D) BBQ Riblet or Breaded Cod, Baked Potato, Malibu Blend Vegetables</p> <p>(S) Chicken Salad Sandwich, Tater Tots</p>	<p>3 (D) Pork Loin or Herbed Baked Chicken, Mashed Potatoes, Gravy, Blended Vegetables</p> <p>(S) Brat on a Bun, Sauerkraut, Potato Chips</p>	<p>4 (D) <i>Cook out.</i> Pork Steak or Chicken Kabobs, Potato Salad, Coleslaw</p> <p>(S) Ham & Cheese Sandwich, French Fried</p>	<p>5 (D) Meatloaf or Swiss Steak w/ Tomatoes, Baby Bakers, Broccoli</p> <p>(S) Tuna Melt Sandwich, Pasta Salad</p>	<p>6 (D) Fish Pollock w/ Tarter Sauce & French Fries or Taco Pasta Bake, Corn</p> <p>(S) Homemade Vegetable Beef Soup, Crackers</p>	<p>7 (D) Meatball w/ Sauce or Orange Turkey Croissant, Macaroni Salad, Glazed Carrots</p> <p>(S) Deli Sandwich, Potato Chips</p>
<p>8 (D) Roast Beef, Mashed Potatoes, Gravy, Glazed Carrots, Pie</p> <p>(S) Fish Sandwich, Onion Tangles</p>	<p>9 (D) Potato Crusted Chicken Breast or Chicken Fried Steak and Gravy, Fried Potatoes, Peas</p> <p>(S) Chili, Cucumber Salad</p>	<p>10 (D) Honey Mustard Chicken or Glazed Ham, Mashed Potatoes, Vegetable Blend</p> <p>(S) Bratwurst on Bun, Sauerkraut, Potato Chips</p>	<p>11 (D) <i>55 & Older Luncheon.</i> Pulled Pork on a Bun or Chicken Cordon Bleu, Potato Salad, Baked Beans, Dessert</p> <p>(S) Philly Steak Sandwich, Tater Tots</p>	<p>12 (D) Lasagna w/ Breadstick or Pork Loin w/ Mashed Potatoes, Capri Blend Vegetables</p> <p>(S) Turkey & Cheese Sandwich, Potato Chips</p>	<p>13 (D) Salmon w/ Lemon Sauce or Meatloaf, Mashed Potatoes, Glazed Carrots</p> <p>(S) Italian Goulash, Toss Salad w/ Dressing</p>	<p>14 (D) Chicken Fajita Pasta or Loaded Baked Potato, Corn</p> <p>(S) Chicken Pot Pie, Garlic Bread</p>
<p>15 (D) Pork Loin, Mashed Potatoes, Gravy, Green Bean Casserole, Pie</p> <p>(S) Ham & Cheese Sandwich, Onion Rings</p>	<p>16 (D) Lemon Pepper Cod or Boneless Style BBQ Ribs, Tater Tots, Cascade Blend Vegetables</p> <p>(S) Beef Stew, Dinner Rolls</p>	<p>17 (D) Herb Crusted Pork Steak or Swiss Steak w/ Tomatoes, Mashed Potatoes, Green Beans</p> <p>(S) Omelet Fritta, Sausage</p>	<p>18 (D) Pork Chop or Chicken Cordon Bleu, Malibu Blend</p> <p>(S) Bubble Up Pizza, Tossed Greens w/ Dressing</p>	<p>19 (D) Glazed Ham w/ Baked Potato or Beef & Noodles, Mixed Vegetables</p> <p>(S) Potato & Bacon Soup, Biscuit</p>	<p>20 (D) Herb Roasted Chicken or Fish Fillet, Mashed Potatoes, Gravy, Capri Blend Vegetables</p> <p>(S) Pork Patty on a Bun, Tomato Slices</p>	<p>21 (D) Honey Garlic Meatball or Chicken Drumsticks, Scalloped Potatoes, Pickled Beets</p> <p>(S) Taco Pasta Bake, Black Bean & Corn Salsa</p>
<p>22 (D) Roast Turkey, Roasted Red Potatoes, gravy, Peas</p> <p>(S) Hamburger on a Bun, Creamy Cucumber Salad</p>	<p>23 (D) Cod Loin or Chicken Breast Fritters, Baked Potato, Green Beans</p> <p>(S) Cold Cut Sandwich, Potato Chips</p>	<p>24 (D) Hot Roast Beef Sandwich or Apple Crusted Pork Chop, Mashed Potatoes, Beef Gravy, Corn</p> <p>(S) Fish Sandwich, French Fries</p>	<p>25 (D) Steak with Mushroom Gravy or Breaded Chicken Breast, Scalloped Potatoes, Malibu Vegetable Blend</p> <p>(S) Tuna & Noodle Bake, Cascade Blend Vegetables</p>	<p>26 (D) Roast Beef or Herb Pork Chop, Mashed Potatoes, Parslied Carrots</p> <p>(S) Sausage, Egg, & Cheese on a Biscuit, Hashbrown Patty</p>	<p>27 (D) Breaded Pollock or Meatloaf, Mashed Potatoes, Blended Vegetables</p> <p>(S) Grilled Turkey & Swiss Cheese Sandwich, Chips</p>	<p>28 (D) Beef Enchilada or Chicken Breast on Bun, Pea Salad</p> <p>(S) Vegetable Soup, Deli Sandwich</p>
<p>29 (D) Fried Chicken, Mashed Potatoes, Chicken Gravy, Green Beans</p> <p>(S) Sloppy Joe on a Bun, Potato Chips</p>	<p>30 (D) BBQ Riblet or Breaded Cod, Baked Potato, Malibu Blend Vegetables</p> <p>(S) Chicken Salad Sandwich, Tater Tots</p>					
<p>We kindly request a 24- hour notice for guests. All meals are served in the dining room.</p>						