



RIVER BEND OCTOBER MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 (D) Maple & Rosemary Pork Loin or Breaded Fish, Sweet Potatoes, Beef Gravy, Brussel Sprouts (S) Chili, Dinner Rolls	2 (D) Steak w/ Mushroom & Gravy or herb Baked Chicken, Parsley Noodles, Green Beans (S) Pizza, Tossed Greens	3 (D) Stuffed Chicken or Black Oak Smoked Sausage, Parmesan Shells, Sautéed Peppers & Onions (S) Turkey Sandwich w/ Cheese, Tater Tots	4 (D) Salmon Croquette or Minute Steak, Scalloped Potatoes, Blended Vegetables (S) Cream of Tomato Soup, Grilled Cheese Sandwich, Potato Chips	5 (D) Swedish Meatballs over Mashed Potatoes or Baked Ham, Carrots (S) Pulled Pork Sandwich, Chips
6 (D) Roast Turkey w/ Cranberry Sauce, Mashed Potatoes, Gravy, Stuffing, Green Beans (S) Breaded Fish Fillet, Onion Rings	7 (D) Italian Ragu w/ Garlic Toast or Fried Chicken, Mashed Potatoes, Broccoli Green Beans (S) Reuben Sandwich, Sweet Potato Puffs	8 (D) Meatloaf or Baked Pork Chop, Mashed Potatoes, Peas (S) Beef & Noodles, Mixed Vegetables	9 (D) <i>55 & Older Luncheon.</i> Lasagna, Salad, Breadstick, Dessert. (S) BBQ Rib Sandwich, Coleslaw	10 (D) Sweet Onion Cranberry Chicken or Black Oak Smoked Sausage, Twisted Mac Pasta Salad, Cheesy Corn (S) Creamed Turkey, Biscuit	11 (D) Pork Chops in Gravy or Herb Baked Fish, Mashed Potatoes, Gravy, Brussel Sprouts (S) Vegetable soup, Dinner Roll	12 (D) Beef Stew or Loaded Baked Potato w/ Chili, Biscuit (S) Cheddarwurst on a Bun, Potato Salad
13 (D) Pork Loin, Baked Potato, Scandinavian Vegetables, Fruit, Pie (S) Soup of the Day, Deli Sandwich	14 (D) Meatloaf Casserole or Pepper Steak w/ Baby Bakers, Capri Blend (S) Sloppy Joe, Tater Tots	15 (D) Creamy Chicken Carbonara or BBQ Rib Patty, Fried Potatoes, Carrots (S) Crispy Fish Sandwich, Coleslaw, Potato Chips	16 (D) Baked Ham or Country Fried Steak, Mashed Potatoes, Gravy, Green Beans (S) Chicken Noodle Soup, Cheese & Cracker Plate	17 (D) Roast Beef or Baked Pork Chop, Mashed Potatoes, Cascade Blend Vegetables (S) Cheeseburger, Potato Salad	18 (D) Salmon w/ Lemon Sauce or Baked Chicken Breast, Penne Pasta (S) Meatballs w/ Sauce, Noodles	19 (D) Chili or Grilled Turkey & Swiss Cheese Sandwich, Corn, Potato Chips (S) Cran-Walnut Chicken Salad Sandwich, Sweet Potato Puffs
20 (D) Fried Chicken, Mashed Potatoes, Chicken Gravy, Harvard Beets (S) Cheddar Omelet, Tomato Slices	21 (D) Glazed Ham Balls or Minute Steak, Garlic Mashed Potatoes, Green beans, Garlic Toast (S) Beef Stew, Biscuit	22 (D) Spaghetti w/ Meat Sauce or Pork Chop w/ Baked Potato, Blended Vegetables (S) Turkey Stuffing Bake, Peas	23 (D) Country Fried Steak or Herb Baked Fish, Mashed Potatoes, Gravy, Corn (S) Ham & Bean Soup, Crackers	24 (D) Lemon & Rosemary Chicken or Cooks Choice, Roasted Potato Medley, Winter Squash (S) Beef Stroganoff, Buttered Noodles	25 (D) Beer Battered Tilapia or Chili Mac, Potato Casserole, Malibu Blend (S) Fire Braised Turkey Sandwich, Pasta Salad	26 (D) Goulash or Baked Ham, Mashed Potatoes, Glazed Carrots (S) Chicken Patty Sandwich, Potato Chips
27 (D) Roast Beef, Mashed Potatoes, Gravy, Corn (S) Sausage Soup, Garlic Toast, Creamy Cucumber Salad	28 (D) Baked Swiss Chicken or Meatloaf, Mashed Potatoes, Gravy, Cascade Blend Vegetables (S) Hamburger Sliders, Baked Beans	29 (D) Maple & Rosemary Pork Loin or Breaded Fish, Sweet Potatoes, Beef Gravy, Brussel Sprouts (S) Chili, Dinner Rolls	30 (D) Steak w/ Mushroom & Gravy or herb Baked Chicken, Parsley Noodles, Green Beans (S) Pizza, Tossed Greens	31 (D) Stuffed Chicken or Black Oak Smoked Sausage, Parmesan Shells, Sautéed Peppers & Onions (S) Turkey Sandwich w/ Cheese, Tater Tots		



We kindly request a 24- hour notice for guests.
All meals are served in the dining room.