



River Bend Menu November 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 (D) Lasagna or Swiss Steak W/ Tomatoes, Baked Potato, Italian Vegetable Blend, Garlic Bread Stick (S) Smashburger Slider, Potato Wedges	2 (D) Glazed Turkey or Smoked Sausage, Mashed Potatoes/Gravy, Mixed Vegetables (S) Creamy Swedish Meatball Bake	3 (D) Chicken W/ Piccata Sauce or Pork Chop, Rice Pilaf, Parslied Carrots (S) Homemade Chili, Cornbread	4 (D) Fish or BBQ Chicken Thighs, Creamed Peas and Potatoes (S) Pepperoni Pizza, Tossed Salad	5 (D) Philly Cheesesteak Bake, Corn (S) Italian Goulash, Garlic Bread Stick
6 (D) Stuffing Topped Chicken, Green Beans (S) Sloppy Joes, French Fries	7 (D) Meatloaf or Bread Fish Filet, Macaroni and Cheese, Cascade Blend Vegetables (S) Creamy Wild Rice Soup, Egg salad on a Croissant	8 (D) Glazed Ham or Chicken Tenders, AuGratin Potatoes, Peas (S) Maid Rite on a Bun, Potato Salad	9 (D) Caribbean Pork Loin or Spaghetti with Meat Sauce, Yams, Nantucket Blend Vegetable (S) Turkey and Dumplings	10 (D) Roast Beef or BBQ Chicken, Mashed Potatoes and Gravy, Candied Ginger Candied Carrots (S) Ham and Bean Soup, Cornbread	11 (D) Sweet and Sour Shrimp or Smoked Sausage, Vegetable Fried Rice, Broccoli (S) Pizza Burger and Tater Tots Veteran's Day!	12 (D) Swiss Steak W/Tomatoes, Scalloped Potatoes, Mixed Vegetables (S) Grilled Turkey and Swiss Cheese Sandwich, Pasta Salad
13 (D) Honey Bourbon Ham, Baked Yams, Cauliflower (S) Cran-Apple Turkey Melt, Seasoned Tots	14 (D) Fried Chicken or Fish Hush Puppy, Loaded Mashed Potatoes, Green Beans (S) Broccoli Cheddar Soup	15 (D) Lasagna, or Chicken Tenders, Italian Blend Vegetable, Garlic Bread Stick (S) Crispy Chicken Sandwich With lettuce and Tomato, Sweet Potato Puffs	16 (D) Apple Butter Pork Chops, Meatloaf, Baked Potato, Capri Vegetables (S) Sloppy Joe on a Bun, Baked Beans	17 (D) Swedish Meatballs or Herb Bake Chicken, Long Grain Wild Rice, Corn (S) Fish Sandwich, Potato Wedges, Tartar Sauce	18 (D) Fish or Hamburger Steak w/Gravy, Macaroni and Cheese, Broccoli (S) Cream of Tomato Soup, Grilled Cheese Sandwich	19 (D) Sour Cream Parmesan Chicken, Baked Potato, Carrots (S) Chili, Peanut Butter Sandwich
20 (D) Roast Beef, Mashed Potatoes/Gravy, Cascade Blend Vegetables (S) Chicken Noodle Soup, ½ Deli Sandwich	21 (D) Spaghetti or Breaded Fish Filet, Tossed Greens w/ Dressing, Breadstick (S) Baked Chicken Drumstick, Tater Tots	22 Resident Thanksgiving Meal: (D) Turkey, Mashed Potatoes w/ Gravy, Stuffing, Green Bean Casserole, Roll, Pumpkin Pie (S) Pulled Pork on a Bun, Potato Wedges	23 (D) Open Faced Pork Sandwich or BBQ Chicken Breast, Mashed Potatoes Gravy, Broccoli (S) Chicken Tenders, French Fries	24 (D) Glazed Ham, Sweet Potatoes, Corn, Roll, Apple Pie (S) Turkey and Dressing Sandwich, Chips Happy Thanksgiving!	25 (D) Catch of the Day or Herbed Baked Chicken, O'Brian Potatoes, Capri Vegetables (S) Vegetable Soup, Peanut Butter and Jelly Sandwich	26 (D) BBQ Ribs, Fried Potatoes, Baked Beans (S) Hamburger on a Bun, Potato Wedges
27 (D) Country Fried Steak, Mashed Potatoes w/ Country Gravy, Roasted Ranch Broccoli (S) Dorito Taco Salad	28 (D) Pork Medallions W/ Cranberry Cream Sauce or Beer Battered Fish, Buttery Sweet Potato Casserole, Brussel Sprouts (S) Chicken Cordon Bleu Casserole, Green Beans	29 (D) Lasagna or Swiss Steak W/Tomatoes, Baked Potato, Italian Vegetable Blend, Garlic Breadstick (S) Smashburger Slider, Potato Wedges	30 (D) Glazed Turkey or Smoked Sausage, Garlic Mashed Potatoes, Gravy, Dressing (S) Creamy Swedish Meatball Bake, Dinner Roll			
						