


River Bend Menu October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>2 (D) Chicken Cordon Bleu, Roasted Potatoes, Mixed Vegetables</p> <p>(S) Hotdog on Bun w/ Chili, French Fries</p>	<p>3 (D) Spaghetti or Teriyaki Glazed Chicken Breast, Tossed Salad, Garlic Toast</p> <p>(S) Pepperoni Pizza, Tossed French Salad</p>	<p>4 (D) Baked Ham or Breaded Fish, Potato Bake, Green Beans</p> <p>(S) Bowl of Chili w/ Shredded Cheese and Crackers, Bread Slice</p>	<p>5 (D) Roast Beef or Pork Loin, Mashed Potatoes w/ Gravy, Corn</p> <p>(S) Chicken Tenders, Potato Wedges</p>	<p>6 (D) Orange Chicken or Pork Chop, Rice Pilaf, Oriental Vegetables</p> <p>(S) Ham Salad Sandwich, Chips</p>	<p>7 (D) Lemon Pepper Tilapia or Ham Steak, Garlic Roasted Potatoes, Creamed Peas</p> <p>(S) Crispy Chicken Sandwich, Tator Tots</p>	<p>1 (D) Open Faced Turkey w/ Mashed Potatoes & Gravy, Seasoned Peas</p> <p>(S) Chicken Salad on Croissant</p>
<p>9 (D) Salisbury Steak w/ Brown Gravy, Baked Potato w/ Sour Cream, Country Trio Vegetables</p> <p>(S) Bacon Cheeseburger, French Fries</p>	<p>10 (D) Honey Baked Ham or Baked Chicken Breast, Fried Potatoes, Carrots</p> <p>(S) Shrimp Tenders, Sweet Potato Fries</p>	<p>11 (D) Country Fried Steak or Meatloaf, Mashed Potatoes w/ Gravy, Corn</p> <p>(S) Cheddar Broccoli Soup, ½ Deli Sandwich</p>	<p>12 (D) Apple Butter BBQ Ribs or Chicken Philly Sandwich, Mac & Cheese, Green Beans</p> <p>(S) Hot Turkey, Bacon & Swiss Sandwich, Potato Chips</p>	<p>13 (D) Hawaiian Chicken or Garlic Roasted Pork, Baked Sweet Potato, Mixed Vegetables</p> <p>(S) BBQ Rib Sandwich, Tator Tots</p>	<p>14 (D) Pasta Primavera w/ Shrimp or Smoked Sausage, Hash Browns, Capri Vegetables w/ Cheese</p> <p>(S) Sloppy Joe, Steak Fries</p>	<p>15 (D) Italian Brown Sugar Chicken, Scalloped Potatoes, Seasoned Broccoli</p> <p>(S) Loaded Turkey Noodle Casserole, Peas</p>
<p>16 (D) Roasted Turkey, Mashed Potatoes w/ Gravy, Vegetable Blend</p> <p>(S) Canadian Bacon Pizza, Tossed Salad</p>	<p>17 (D) Chicken Tenders or Swiss Pork Chop, Roasted Potatoes, Baked Beans</p> <p>(S) Fish Sandwich, Potato Wedge</p>	<p>18 (D) Kielbasa or Lasagna, Fried Potatoes, Caesar Salad</p> <p>(S) Taco Salad, Sour Cream, Salsa</p>	<p>19 (D) Garlic Butter Chicken or Roast Beef, Mashed Potatoes w/ Gravy, Corn</p> <p>(S) Italian Beef Sandwich, Potato Chips</p>	<p>20 (D) Roasted Chicken or Pork Tenderloin Sandwich, Roasted Potato Medley, Glazed Carrots</p> <p>(S) Egg Salad Sandwich, w/ Pickle Spear, Tator Tots</p>	<p>21 (D) Baked Fish or Herb Baked Chicken, Baked Potato w/ Sour Cream, Garlic Bread, Green Beans</p> <p>(S) Brat on A Bun, Sauerkraut, Potato Wedge</p>	<p>22 (D) Honey Mustard Chicken Breast, Cheesy Scalloped Potatoes, Country Trio Vegetables</p> <p>(S) BBQ Pulled Pork Sandwich, Baked Beans</p>
<p>23 (D) Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes w/ Gravy, Seasoned Peas</p> <p>(S) Chicken Tenders, Sweet Potato Fries</p>	<p>24 (D) Lemon Garlic Pork Loin or Hot Roast Beef Sandwich, Roasted Potatoes, Capri Blend Vegetables</p> <p>(S) Soup of the Day, Cold Cut Sandwich</p>	<p>25 (D) BBQ Chicken Breast or Creamy Potato & Ham Au Gratin, German Potato Salad, Country Trio Vegetables</p> <p>(S) Hot Ham & Cheese Sandwich, Doritos</p>	<p>26 (D) Smoked Pork Chop w/ Rhubarb Sauce or Beef & Noodles, Mashed Potatoes w/ Gravy, Green Beans</p> <p>(S) Chicken Alfredo Pasta, Garlic Bread</p>	<p>27 (D) Baked Ham or Chicken Enchilada, Refried Beans, Spanish Rice</p> <p>(S) Sloppy Joe, Baked Beans</p>	<p>28 (D) Hushpuppy Fish or BBQ Rib, Mac & Cheese, Peas</p> <p>(S) Beef Stew, Biscuit</p>	<p>29 (D) Sweet & Sour Chicken, Fried Rice, Oriental Vegetables</p> <p>(S) Hotdog on a Bun, Steak Fries</p>
<p>30 (D) Roast Beef, Mashed Potatoes, Gravy, Carrots</p> <p>(S) Chicken Rice & Broccoli Casserole, Dinner Roll</p>	<p>31 (D) Citrus Dijon or Hamburger Steak, Italian Roasted Potatoes, Country Trio Vegetables</p> <p>(S) Fish Sandwich w/ Pickle Spear, Chips</p>					