

# River's Edge Cafe January 17<sup>th</sup> – January 21<sup>st</sup>

Jo Landon Manager

exdphillips66@gmail.com
Hours: 6:00 am – 8:30 am
10:30 am – 12:30 pm

We provide the following color-coded menu to assist those who are interested in making better nutritional choices:

Green Choose MORE often Yellow choose in Moderation Red choose LESS often

### Monday

Café Closed For Martin Luther King Day

#### Tuesday

CHEF'S MARKET: Red Beans, Rice & Spicy Sausage with \$7.99 Corn Bread **HEALTHY HABIT:** Cajun Chicken With Black Bean Corn Salsa \$5.99 With 2 Sides \$7.99 SIDES: Steamed Rice Peas & Mushrooms \$1.75 \$1.75 Vegetable Medley **GRILL SPECIAL:** Grilled Ham & Cheese

\$5.99

#### Wednesday

**CHEF'S MARKET:** Beef Taco Salad \$7.99 **HEALTHY HABIT:** Grilled Chicken Taco Salad On Bed of Lettuce \$7.99 SIDES: Mexican Rice \$1.75 **Refried Beans** \$1.75 Roasted Corn \$1.75 **GRILL SPECIAL: Bacon Cheese Burger** \$5.99

## Thursday

CHEF'S MARKET: \$5.99 Country Fried Steak With 2 sides \$7.99 **HEALTHY HABIT:** Herb Chicken Breast \$5.99 With 2 Sides \$7.99 SIDES: Mashed Potatoes \$1.75 \$1.75 Corn Vegetable Medley \$1.75 GRILL SPECIAL: \$5.99 Shrimp PO Boy

## Friday

Sandwich

CHEF'S MARKET: \$5.99 Fried Fish With 2 Sides \$7.99 **HEALTHY HABIT:** Parmesan Crusted Fish \$5.99 With 2 Sides \$7.99 SIDES: Macaroni & Cheese \$1.75 **Baked Beans** \$1.75 Vegetable Medley \$1.75 GRILL SPECIAL: Chili Cheese Dog \$5.99

### Served Daily

Grilled Chicken Breast
Beyond Burger
Turkey Burger
Vegetable Plate