

River's Edge Cafe February 14th-February 18th Jo Landon Manager

Jo Landon Manager <u>exdphillips66@gmail.com</u> 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

CHEF'S MARKET: Spaghetti & Meat Sauce wit Breadstick With 1 Side	h \$6.99 \$7.99
HEALTHY HABIT: Mango Salsa Chicken With 2 Sides	\$5.99 \$7.99
SIDES: Oven Roasted Potatoes Green Beans Vegetable Medley	<mark>\$1.75</mark> \$1.75 \$1.75
GRILL SPECIAL: Pork Fritter Sandwich	\$5.99

Tuesday

CHEF'S MARKET: Beef Stir Fry over Rice With one Side	\$6.99 \$7.99
HEALTHY HABIT: Chicken & Broccoli Over Rice With 1 Side	\$6.99 \$7.99
SIDES: Steamed Rice Stir Fry Vegetables Egg Roll Crab Rangoon	\$1.75 \$1.75 \$1.75 \$1.75
GRILL SPECIAL: Sloppy Joe & Cheese Sandwich	\$4.99

Wednesday

CHEF'S MARKET: Beef Chimmichanga With 1 side	\$6.99 \$7.99
HEALTHY HABIT: Salsa Chicken With 2 Sides	\$5.99 \$7.99
SIDES: Mexican Rice Refried Beans Mixed Vegetables	<mark>\$1.75</mark> \$1.75 \$1.75
GRILL SPECIAL: Hamburger Horseshoe	\$6.99

Thursday		Friday	
CHEF'S MARKET: Country Fried Steak With 2 sides	\$5.99 \$7.99	CHEF'S MARKET: Fried Fish With 2 sides	\$5.99 \$7.99
HEALTHY HABIT: Stuffed Butternut Squash With 2 Sides	\$5.99 \$7.99	HEALTHY HABITS: Herb Baked Fish With 2 Sides	\$5.99 \$7.99
SIDES: Mashed Potatoes Corn Zucchini & Yellow Squash	<mark>\$1.75</mark> \$1.75 \$1.75	SIDES: Buttered Boiled Potatoes Vegetable Medley Baked Beans	\$1.75 \$1.75 \$1.75
GRILL SPECIAL: Chicken Parmesan Sandwich	\$5.99	GRILL SPECIAL: Philly Cheesesteak	\$6.49

Served Daily

Grilled Chicken Breast
Beyond Burger
Turkey Burger
Vegetable Plate