

weekly menu

July 16 - July 20

Monday

MOM'S SOUP BOWL:

Texas Chili

3.50/4.30 ●

HEALTHY HABITS:

Crustless Vegetable

Quiche 4.59 ●

with One Side Item 5.59

CHEF'S MARKET:

Ground Turkey

Stuffed Bell Peppers 5.49 ●

with One Side 6.49

SIDES:

Green Beans 1.40 ●

Mixed Vegetables 1.40 ●

Fruit Salad 1.50 ●

DAILY SPECIAL:

River's Edge Barbecue Burger,

French Fries,

20 oz Fountain Drink 6.79 ●

Tuesday

MOM'S SOUP BOWL:

Texas Chili

3.50/4.30 ●

HEALTHY HABITS:

Honey Mustard Chicken 4.59 ●

with Two Sides 6.79

CHEF'S MARKET:

Summer Salad

with Grilled Chicken

& Fresh Fruit 6.29 ●

SIDES:

Oven Roasted Potatoes 1.50 ●

Peas 1.40 ●

Mixed Vegetables 1.40 ●

DAILY SPECIAL:

Fried Shrimp Po Boy,

French Fries,

& 20 oz Fountain Drink 6.99 ●

Wednesday

MOM'S SOUP BOWL:

Texas Chili

3.50/4.30 ●

CHEF'S MARKET:

Loaded Beef Nachos 6.99 ●

HEALTHY HABITS:

Salsa Chicken Breast 4.79 ●

with Two Sides 6.79

GRILL:

California Chicken Pita

with Pepper, Onions

& Mushrooms 4.79 ●

SIDES:

Mixed Vegetables 1.40 ●

Refried Beans 1.40 ●

DAILY SPECIAL:

California Chicken Pita,

Homemade Chips,

& 20 oz. Fountain Drink 6.79 ●

Thursday

MOM'S SOUP BOWL:

Texas Chili

3.50/4.30 ●

HEALTHY HABITS:

Hawaiian Spring Salad 6.29 ●

CHEF'S MARKET:

Fried Chicken 4.79 ●

with Two Sides 6.99

GRILL:

Italian Beef Sandwich 5.69 ●

SIDES:

Corn 1.40 ●

Steamed Vegetables 1.40 ●

Mashed Potatoes 1.50 ●

DAILY SPECIAL:

Italian Beef Sandwich,

& Homemade Chips

& 20 oz Fountain Drink 6.99 ●

Friday

MOM'S SOUP BOWL:

Texas Chili

3.50/4.30 ●

HEALTHY HABITS:

Cajun Baked Fish 4.99 ●

with Black Bean Salsa 6.99

CHEF'S MARKET:

Fried Fish 4.99 ●

with Two Side 6.99

SIDES:

Potato Salad 1.50 ●

Baked Beans 1.40 ●

Broccoli 1.40 ●

DAILY SPECIAL:

Chicken Quesadilla, Fries,

& 20 oz. Fountain Drink 6.79 ●



SERVED DAILY:

Grilled Chicken Breast ●

Turkey Burger ●

Veggie Burger ●

Vegetable Plate ●
(3 choices)

GREEN Choose **MORE** often

YELLOW Choose in **MODERATION**

RED Choose **LESS** often