# River's Edge Cafe November 2<sup>nd</sup> - November 6<sup>th interested in making better nutritional choices:</sup>

Jo Landon Manager exdphillips66@gmail.com Hours: 6:00 am - 8:30 am 10:30 am - 12:30 pm

We provide the following colorcoded menu to assist those who are

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

## Monday CHEF'S MARKET:

Food Service and Catering by:

\$4.99 Homestyle Meatloaf With 2 Sides \$6.99

**HEALTHY HABIT:** 

Honey Mustard Chicken Breast \$4.99 With 2 sides \$6.99

SIDES:

Garlic Mashed Potatoes \$1.60 Corn \$1.50 Roasted Zucchini \$1.60

**GRILL SPECIAL:** 

Cream Cheese \$4.99 Jalapeno Burger

#### **Tuesday**

CHEF'S MARKET:

Parmesan Encrusted Chicken over Pasta Alfredo \$5.99 With 1 Side \$6.99

**HEALTHY HABIT:** 

Lemon Pepper Baked Fish \$4.99 With 2 sides \$6.99

SIDES:

Pasta Alfredo \$1.60 Steamed Broccoli \$1.60 **Roasted Carrots** \$1.60

**GRILL SPECIAL:** 

Turkey & Cheese Melt \$4.99

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**CHEF'S MARKET:** Smoked Beef Brisket \$5.99 With 2 sides \$7.99

**HEALTHY HABIT:** 

Smoked Chicken \$4.99 With 2 Sides \$6.99

SIDES:

Roasted Potatoes \$1.60 Peas and Mushrooms \$1.50 Vegetable Medley \$1.60

**GRILL SPECIAL:** 

Country Fried Steak Horseshoe

\$6.49

## **Thursday**

CHEF'S MARKET: \$4.99 Fried Chicken with 2 sides \$6.99

**HEALTHY HABITS:** 

Apple Glazed Pork Loin \$4.99 With 2 Sides \$6.99

SIDES:

Mashed Potatoes \$1.60 Green Beans \$1.50 \$1.60 Mixed Vegetables

GRILL SPECIAL:

Greek Gyro \$5.29

#### Friday

CHEF'S MARKET:

\$4.99 Fried Fish With 2 Sides \$6.99

**HEALTHY HABIT:** 

Baked Cajun Fish

With Black Bean Corn Relish \$4.99 With 2 sides \$6.99

SIDES:

**Buttered Boiled Potatoes** \$1.60 \$1.50 **Baked Beans** Vegetable Medley \$1.60

**GRILL SPECIAL:** 

River's Edge BBQ Burger \$4.99

### Served Daily

Grilled Chicken Breast Beyond Burger Turkey Burger Vegetable Plate Chili