

# River's Edge Cafe

## March 1st- March 5th

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

CHEF'S MARKET: Spaghetti with Meat Sauce and Breadstick \$5.99 With 1 side \$6.99 **HEALTHY HABIT:** Herb Chicken Breast over Wild Rice \$5.99 With 1 Side \$6.99 SIDES: Wild Rice \$1.60 Steamed Broccoli \$1.60 Vegetable Medley \$1.60

#### Tuesday

CHEF'S MARKET: \$4.99 Grilled Jerk Chicken With 2 sides \$6.99 **HEALTHY HABIT:** Roast Pork Loin \$4.99 With 2 Sides \$6.99 SIDES: Trio of Roasted Potatoes \$1.60 Yellow & Zucchini Squash \$1.60 Peas & Mushrooms \$1.60 GRILL SPECIAL: Pork Fritter Sandwich \$5.29

#### Wednesday

CHEF'S MARKET: \$6.99 Beef Taco Salad **HEALTHY HABIT:** Grilled Chicken Taco Salad On a Bed of Lettuce \$6.99 SIDES: Mexican Rice \$1.60 Refried Beans \$1.60 Roasted Corn \$1.50 **GRILL SPECIAL:** Western Chicken Sandwich \$5.49

### Thursday

CHEF'S MARKET:

GRILL SPECIAL: Popcorn Shrimp

Country Fried Steak \$4.99 with 2 sides \$6.99 **HEALTHY HABIT:** Chicken Provolone \$4.99 With 2 Sides \$6.99 SIDES: Mashed Potatoes \$1.60 \$1.50 Corn Roasted Vegetables \$1.60 **GRILL SPECIAL:** Philly Cheesesteak \$5.49

#### Friday

\$4.99

CHEF'S MARKET: \$4.99 Fried Fish \$6.99 With 2 side **HEALTHY HABIT:** Crab & Veggie Pasta in Lite Olive Oil Sauce \$5.99 With 1 Sides \$6.99 SIDES: Potato Casserole \$1.60 **Baked Beans** \$1.60 \$1.60 Vegetable Medley **GRILL SPECIAL:** 

Buffalo Chicken Sandwich

\$5.29

## Served Daily

Grilled Chicken Breast
Beyond Burger
Turkey Burger
Vegetable Plate