

River's Edge Cafe October 25th- October 29th

Jo Landon Manager

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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: Red Beans, Rice & Spicy Sausage with Corn Bread With 1 Side	\$6.99 \$7.99	
HEALTHY HABIT: Spinach & Feta Stuffed Fish With 2 Sides	\$5.99 \$7.99	
SIDES: Steamed Rice Green Beans Vegetable Medley	\$1.75 \$1.75 \$1.75	
GRILL SPECIAL: Grilled Ham & Cheese	\$5.79	

Tuesday

CHEF'S MARKET: Teriyaki Pork Loin With 2 Sides	\$5.99 \$7.99
HEALTHY HABIT: Cajun Chicken With Black Bean Corn Salsa With 2 Sides	\$5.99 \$7.99
SIDES: Herb Roasted Potatoes Peas & Mushrooms Vegetable Medley	\$1.75 \$1.75 \$1.75
GRILL SPECIAL:	

Buffalo Chicken Sandwich \$5.49

Wednesday

CHEF'S MARKET:Beef Taco Salad

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

\$7.99

Thursday

CHEF'S MARKET:

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

Friday

Cheese Wrap

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

\$5.99

Served Daily

Grilled Chicken Breast
Beyond Burger
Turkey Burger
Vegetable Plate