

# River's Edge Cafe September 12<sup>th</sup>- September 16<sup>th</sup>

Jo Landon Manager exdphillips66@gmail.com Café Phone #255-2900 We provide the following colorcoded 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: Chicken & Dumplings With 1 Side	\$6.99 \$7.99
HEALTHY HABIT: Mango Salsa Chicken With 2 Sides	\$5.99 \$7.99
SIDES: Oven Roasted Potatoes Vegetable Medley Peas & Mushrooms	<mark>\$1.75</mark> \$1.75 \$1.75
GRILL SPECIAL: Hamburger Horseshoe	\$6.99

#### Tuesday

DELI STATION CLOSED TODAY			
CHEF'S MARKET: Baked Chicken With 2 Sides	\$5.99 \$7.99		
HEALTHY HABIT: Roast Pork Loin With 2 Sides	\$5.99 \$7.99		
SIDES: Wild Rice Seasoned Green Beans Mixed Vegetables	<mark>\$1.75</mark> \$1.75 \$1.75		
GRILL SPECIAL: Western Chicken Sandwich \$5.99			

### Wednesday

CHEF'S MARKET: Loaded Beef Nachos	\$7.99
HEALTHY HABIT: Salsa Chicken With 2 Sides	\$5.99 \$7.99
SIDES: Mexican Rice Refried Beans Roasted Corn	<mark>\$1.75</mark> \$1.75 \$1.75
GRILL SPECIAL: Bacon Cheeseburger	\$5.99

Thursday		Friday		Served Daily
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	Grilled Chicken Breast Beyond Burger Turkey Burger
HEALTHY HABIT: Stuffed Butternut Squash With 2 Sides	\$5.99 \$7.99	HEALTHY HABITS: Herb Baked Fish With 2 Sides SIDES:	\$5.99 \$7.99	Vegetable Plate
SIDES: Mashed Potatoes Corn Vegetable Medley	<mark>\$1.75</mark> \$1.75 \$1.75	Potato Salad <mark>\$1.75</mark> Mixed Vegetables Cole Slaw	\$1.75 <b>\$1.75</b>	
GRILL SPECIAL: Chicken Parmesan Sandwich	\$5.99	GRILL SPECIAL: Philly Cheesesteak	\$6.99	