

River's Edge Cafe February 20th-February 24th

Jo Landon Manager
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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:
Ham and Beans
With Corn Bread
With 1 Side

\$6.60
\$8.25

HEALTHY HABIT:
Chicken Marsala
With 2 Sides

\$6.60
\$9.25

SIDES:
Fried Diced Potatoes
Peas & Mushrooms
Green Beans

\$1.90
\$1.90
\$1.90

GRILL SPECIAL:
Chili Cheese Dog

\$6.99

Tuesday



CHEF'S MARKET:
Chicken, Shrimp & Sausage
Jambalaya over Rice with
Corn Bread

\$9.25

HEALTHY HABIT:
Herb Chicken Breast
With 2 sides

\$6.60
\$9.25

SIDES:
Steamed Rice
Corn Bread
Mixed Vegetables

\$1.90
\$1.90
\$1.90

GRILL SPECIAL:
Pork Fritter Sandwchich

\$6.49

Wednesday



Ash Wednesday
— Lent Begins

CHEF'S MARKET:
Catfish Nuggets
With 2 Sides

\$6.60
\$9.25

HEALTHY HABIT:
Crab Cakes
With Two Sides

\$6.60
\$9.25

SIDES:
Oven Roasted Potatoes
Hushpuppies
Vegetable Medley
Cole Slaw

\$1.90
\$1.90
\$1.90
\$1.90

GRILL SPECIAL:
Turkey & Cheese Wrap

\$6.49

Thursday

CHEF'S MARKET:
Country Fried Steak
With 2 sides

\$6.60
\$9.25

HEALTHY HABIT:
Roast Pork Loin
With 2 sides

\$6.60
\$9.25

SIDES:
Mashed Potatoes
Corn
Italian Green Beans

\$1.90
\$1.90
\$1.90

GRILL SPECIAL:
River's Edge BBQ Burger

\$6.29

Friday

CHEF'S MARKET:
Fried Fish
With 2 Sides

\$6.60
\$9.25

HEALTHY HABIT:
Herb Baked Fish
With 2 Sides

\$6.60
\$9.25

SIDES:
Macaroni & Cheese
Baked Beans
Vegetable Medley

\$1.90
\$1.90
\$1.90

GRILL SPECIAL:
Buffalo Chicken Sandwich

\$6.49

Served Daily

Grilled Chicken Breast
Beyond Burger
Turkey Burger
Vegetable Plate