



Menu for the Week of: January 7, 2019

Managed by CulinArt Group, River Bend Café is open Monday through Friday.
 Breakfast is served from 7:00 am-9:30 am. Lunch is served from 11:30 am -2:00 pm.
 Luis Ruiz Chef Manager
 Phone: 203.359.7920; Email: Foodservice@riverbend1.com

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL

500-CALORIES-OR-LESS

VEGETARIAN

VEGAN

Monday 1.07	WAKIN' UP	Egg, Spinach, Carmelized Onions, & Cheddar On Toasted Bagel	
	SOUPER SOUP	Mushroom Barley	
	CHEF'S TABLE	Chicken Stew	
	SIDES	Jasmine Rice	Boiled Parslied Potatoes
	UPMARKET DELI	Chicken Cutlet B.L.T. With Cheddar And Chipotle Mayo	
	GRILL SPECIAL SPECIAL	Tradicional Cuban Torta Southern Style Baked Mac And Cheese Burger	
Tuesday 1.08	WAKIN' UP	Southwest Avocado Toast	
	SOUPER SOUP	Louisiana Chicken Gumbo	
	CHEF'S TABLE	Cider Glazed Pork Loin	
	SIDES	Brussel Sprouts, Sweet Potato, & Mushrooms	Roasted Parmessan Green Beans
	UPMARKET DELI	Chicken Walldrof	
	GRILL SPECIAL SPECIAL	Chipotle Black Bean Burger And Pepper Jack Cheese French Dip Au Jus W/Fried Plantain	
Wednesday 1.09	WAKIN' UP	Loaded Breakfasta Burrito	
	SOUPER SOUP	Roasted Cauliflower	
	CHEF'S TABLE	Beef Ropa Vieja	
	SIDES	Yellow Rice	Refried Beans, And Sweet Plantains
	UPMARKET DELI	Turkey, Bbq Sauce, Lettuce, And Tomatoes	
	GRILL SPECIAL SPECIAL	Tilapia Fish Tacos W/Pico De Gallo Salsa Chicken Marsala W/Steamed Rice	
Thursday 1.10	WAKIN' UP	Pancakes And Fresh Berries	
	SOUPER SOUP	Cream Of Spinach	
	CHEF'S TABLE	Roasted Herb Turkey Breast	
	SIDES	Scalloped Potatoes	Steamed Broccoli And Carrots
	UPMARKET DELI	Veggie Greek Pita	
	GRILL SPECIAL SPECIAL	Bbq Cheese Burger, And Onions Rings Eggplant Parm W/ Side Vegetables	
Friday 1.11	WAKIN' UP	Ham, Cheese, & Tomato Omelet	
	SOUPER SOUP	Fish Chowder	
	CHEF'S TABLE	Singapore Noodle Stir Fry Shrimp Or Chicken	
	SIDES	Rice Noodles	Assorted Asian Vegetables
	UPMARKET DELI	Tuna Salad, Bacon, Ranch, Provolone, Let & Tom On A Wrap	
	GRILL SPECIAL SPECIAL	Chicken Tenders W/Onion Rings Beef Baja On Pita Bread	

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness



MENU SUBJECT TO CHANGE