



Menu for the Week of: April 15,2019

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 an -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 4.15	WAKIN' UP	Two Egg'S Any Style W/Smoked Salmon	
	SOUPER SOUP	Lentil W/Chicken	
	CHEF'S TABLE	Soy Orange Ginger Salmon	
	SIDES	Mashed Potatoes  Roasted Vegetables W/Spinach	
	UPMARKET DELI	Grilled Chicken Pesto, Spinach & Feta-Cheese	
	GRILL SPECIAL SPECIAL	Philly Cheese Steak W/Onion Rings Chrispy Chicken (Let.Tom.Onions & Honey Mustard) W/Fries	
Tuesday 4.16	WAKIN' UP	Chocolate Chip Pancakes Or Breakfast Burrito	
	SOUPER SOUP	Corn & Tomato Chowder	
	CHEF'S TABLE	Carne Asada Or Chicken W/Caramelize Onions	
	SIDES	Spanish Yellow Rice  Re-Fried Beans & Sweet Plantains	
	UPMARKET DELI	Grilled Veggie Panini W/Cheddar Cheese	
	GRILL SPECIAL SPECIAL	Pulled Pork Tacos W/One Side Pasta With Chicken Alfredo	
Wednesday 4.17	WAKIN' UP	Bacon Or Sausage Egg & Cheese Bagel	
	SOUPER SOUP	Beef Chili	
	CHEF'S TABLE	Stuffed Filet Sole W/Asparagus	
	SIDES	Ratatouille Vegetables  Wild Rice	
	UPMARKET DELI	Seafood Wrap	
	GRILL SPECIAL SPECIAL	Veggie Burger And Pepper Jack Cheese Or Buffalo Wings Vegetable Lasagna W/Green Beans	
Thursday 4.18	WAKIN' UP	Omelet Of Your Choice	
	SOUPER SOUP	Chicken Matzo Ball	
	CHEF'S TABLE	B.Y.O.B Build Your Own Burrito	
	SIDES	Cilantro Rice And Re-Fried Beans  Sour Cream, Guacamole & Pico De Gallo	
	UPMARKET DELI	Chicken Caesar Wrap	
	GRILL SPECIAL SPECIAL	Seafood Stir Rice W/One Side Three Dogs With Chilli And Cheese	
Friday 4.19	WAKIN' UP	<p><i>Cafeteria will be closed for Good Friday</i></p>	
	SOUPER SOUP		
	CHEF'S TABLE		
	SIDES		
	UPMARKET DELI		
	GRILL SPECIAL SPECIAL		

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



MENU SUBJECT TO CHANGE