

Menu for the Week of: October 8,2018



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.

EW EAT WELL 500 500-CALORIES-OR-LESS V VEGETARIAN VG VEGAN

Monday 10.08	WAKIN' UP	Brulee French Toast		V	
	SOUPER SOUP	Corn Chowder			
	CHEF'S TABLE	Stuffed Chicken Breast W/Mushroom Sauce			
	SIDES	Roasted Potatoes	V	Steam Vegetables	V
	UPMARKET DELI	All American Hero Melt			
	GRILL SPECIAL	Roasted Turkey Bacon Melt			
	FLATBREAD PIZZA/ SPECIAL	Sole Picatta			
Tuesday 10.09	WAKIN' UP	Veggie Frittata		V	
	SOUPER SOUP	Split Pea			
	CHEF'S TABLE	Steak Chimichurri			
	SIDES	Mashed Sweet Potatoes	V	Steamed Broccoli	V
	UPMARKET DELI	Chicken B.L.T.			
	GRILL SPECIAL	Beef And Chicken Empanadas			
	FLATBREAD PIZZA/ SPECIAL	Shrimp And Crab Meat Cakes With Side Salad			
Wednesday 10.10	WAKIN' UP	Greek Omelet		V	
	SOUPER SOUP	Lemon Chicken Orzo			
	CHEF'S TABLE	Enchilada Power Bowl			
	SIDES	Seasoned Tricolor Quinoa	V	French Lentil	V
	UPMARKET DELI	Turkey Pineapple Chutney And Provolone			
	GRILL SPECIAL	Spicy Turkey Burger			
	FLATBREAD PIZZA/ SPECIAL	Meat Lasagna			
Thursday 10.11	WAKIN' UP	Breakfast Quesadilla			
	SOUPER SOUP	Chick Pea And Quinoa			
	CHEF'S TABLE	Paella...Paella...Paella (Shrimp Or Chicken)			
	SIDES	Fried Plantains		Sauteed Spinach	
	UPMARKET DELI	Corned Beef Reuben			
	GRILL SPECIAL	Pulled Pork Quesadillas			
	FLATBREAD PIZZA/ SPECIAL	Buffalo Chicken Pizza			
Friday 10.12	WAKIN' UP	Build Your Own Omelet			
	SOUPER SOUP	Seafood Bisque			
	CHEF'S TABLE	Korean Stir Fry			
	SIDES	Noodles	V	Asian Vegetables	V
	UPMARKET DELI	Tuna Salad B.L.T.			
	GRILL SPECIAL	Chicken Tenders			
	FLATBREAD PIZZA/ SPECIAL	Meatball Wedge			

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



MENU SUBJECT TO CHANGE