



Menu for the Week of: December 3, 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 am -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 12.03 | WAKIN' UP | Two Eggs Your Way (Bacon & Home Fries) | | |
| | SOUPER SOUP | Tomato And Fennel | | EW 500 |
| | CHEF'S TABLE | Chicken Casserole | | |
| | SIDES | Roasted Winter Vegetables | VG | Potato Gratin 500 |
| | UPMARKET DELI | California Turkey Club | | |
| | GRILL SPECIAL SPECIAL | Chicken Quesadilla French Dip | | |
| Tuesday 12.04 | WAKIN' UP | Crunch Egg Wrap | | |
| | SOUPER SOUP | Chicken Minestrone | | |
| | CHEF'S TABLE | Lamb Stew | | |
| | SIDES | Roasted Cauliflower | VG | Yellow Rice VG |
| | UPMARKET DELI | Cranberry Chicken Salad (On Multi-Grain Bread) | | V |
| | GRILL SPECIAL SPECIAL | Spicy Turkey Burger W/Pepper Jack Cheese & Chipotle Mayo W/Fries Tilapia W/Pineapple Salsa | | |
| Wednesday 12.05 | WAKIN' UP | Western Omelet | | |
| | SOUPER SOUP | Broccoli Cheese | | |
| | CHEF'S TABLE | Fried Flounder | | |
| | SIDES | Steam Broccoli And Carrots | V | Sweet Plantains EW 500 |
| | UPMARKET DELI | Bbq Chicken Salad | | |
| | GRILL SPECIAL SPECIAL | Philly Steak And Cheese Chicken Marsala W/Steamed Rice | | |
| Thursday 12.06 | WAKIN' UP | Banana Pancake | | EW |
| | SOUPER SOUP | Butternut Squash And Apples | | V |
| | CHEF'S TABLE | Burrrito Wrap Chicken Or Beef | | |
| | SIDES | Spanish Rice | V | Refried Beans And Corn EW 500 V |
| | UPMARKET DELI | Caprese Focaccia W/Fresh Mozzarella, Grilled Tomato & Basil | | |
| | GRILL SPECIAL SPECIAL | Chicken Parmesan On A Wedge Popcorn Shrimp Over Red Cabbage Salad | | |
| Friday 12.07 | WAKIN' UP | Durango Breakfast Bagel Or Croissant | | |
| | SOUPER SOUP | Fish Chowder | | |
| | CHEF'S TABLE | Chicken Oriental Stir Fry | | |
| | SIDES | Steamed Noodles | V | Asian Vegetables EW 500 |
| | UPMARKET DELI | Spicy Tuna Melt W/Pepperjack-Cheese Jalapenos & Avocado Wrap | | |
| | GRILL SPECIAL SPECIAL | Roast Beef (W/Caramelized Onions & Pesto Sauce) Buffalo Turkey Burger | | 500 |

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



MENU SUBJECT TO CHANGE