

WATERFALLS

Dinner Menu • Monday, May 13, 2024

12 Credits

Starters

German Sausage and Barley (D)

Parsnip, Carrot and Apple (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Teriyaki Chicken (GF/DF)

Chicken thighs, brown sugar, soy sauce, rice vinegar, sesame oil, ginger, and garlic.

Cilantro Citrus Shrimp (GF/DF)

Shrimp, lime juice, orange juice, lime zest, cilantro, and olive oil.

Vegan Sticky Tofu (GF/DF/OF/VE)

Tofu, rice vinegar, sugar, tomato paste, soy sauce, cornstarch, and sesame seeds.

Sides

Cilantro Lime Rice (GF/DF/OF)

Sesame Miso Roasted Broccolini (GF/DF)

Steamed Green Beans

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Crème Bruleé Cheesecake (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, May 14, 2024

12 Credits

Starters

Beef Stroganoff (D)

Celery Soup (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Salmon with Tomato Cream Sauce (GF/D/A)

Salmon, butter, shallots, wine, tomatoes, kale, cream, parmesan, and thyme.

Tuscan Flank Steak with Chimichurri (GF/DF)

Flank steak, balsamic, shallots, red peppers, rosemary, and oregano.

Tuscan Grilled Tempeh with Chimichurri (GF/DF/VE)

Tempeh, balsamic, soy sauce, shallots, garlic, black pepper, and parsley.

Sides

Parmesan and Black Pepper Rice Pilaf (GF/D)

Roasted Cauliflower with Pine Nuts (GF/D)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Crème Brûlée Cheesecake (D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Dinner Menu • Wednesday, May 15, 2024

20 Credits

Starters

Turkey and Wild Rice (GF/D)

Cashew Pea (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Turkish Chicken and Rice (GF/D)

Chicken breast, cardamom, cumin, garlic, mint, and yogurt.

Moroccan Style Baked Cod (GF/DF)

Cod, garlic, tomato, red peppers, chickpeas, cilantro, paprika, and lemon.

Quinoa Tabouli Stuffed Tomatoes (GF/DF/OF/VE)

Tomatoes, quinoa, onions, zucchini, red peppers, basil, and Rice-Chex.

Sides

Spiced Couscous (DF)

Moroccan Stewed Zucchini (GF/DF)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Lemonade Layer Cake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Thursday, May 16, 2024

12 Credits

Starters

Chicken Tikka Masala (GF/DF)

Mulligatawny (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Chicken Mole (GF/DF/Nuts)

Chicken thighs, tomatoes, coffee, chocolate, and cherries.

Lamb Barbacoa (GF/DF)

Lamb, onions, peppers, garlic, chili powder, oregano, and apple cider vinegar.

Black Bean and Rice Stuffed Peppers (GF/D/VG)

Green peppers, rice, onions, black beans, cumin, and cheese.

Sides

Lima Bean and Hominy Sauté (GF/DF)

Roasted Brussels Sprouts (GF/DF)

Steamed Zucchini and Yellow Squash

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Lemonade Layer Cake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, May 17, 2024

12 Credits

Starters

New England Clam Chowder (D)

Winter Harvest (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Mushroom Braised Pork Chops (D/A)

Bone-in pork chops, flour, garlic powder, shallots, mushrooms, white wine, and cream.

Beef Bourguignon (GF/A)

Chuck beef, bacon, onions, marinara sauce, red wine, and mushrooms.

Vegan Bourguignon (GF/DF/VE/A)

Mushrooms, tofu, red wine, mushroom broth, carrots, and onions.

Sides

Roasted Fingerling Potatoes (GF/DF)

Peas in Onion Cream (D)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Pecan Pie (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Saturday, May 18, 2024

12 Credits

Starters

Chicken and Dumpling (D)

Zesty Bean (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Chicken Fricassee (D)

Chicken, butter, onions, carrots, flour, peas, and heavy cream.

Yankee Pot Roast (GF/DF/A)

Chuck roast, onions, carrots, paprika, and red wine.

Soy Curl Fricassee (GF/DF/OF/VE)

Soy curls, onions, celery, carrots, vegetable stock, peas, and coconut milk.

Sides

Mashed Potatoes (GF/D)

Kale Gratin (D)

Steamed Peas

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Pecan Pie (D)

Mixed Fruit

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