

WATERFALLS

Dinner Menu • Monday, May 20, 2024

12 Credits

Starters

Zuppa Toscana (D)

Tuscan Vegetable (GF/DF/OF/VE)

Garden Salad Bar

Entrees

BBQ Roasted Shrimp (GF/DF)

Shrimp, ketchup, brown sugar, paprika, lemon, and tabasco.

Flank Steak with Gorgonzola Cream Sauce (GF/D)

Flank steak, butter, garlic, rosemary, cream, lemon, and gorgonzola.

Vegan BBQ Lentil Meatballs (GF/DF/VE)

Flax seeds, basil, olive oil, Worcestershire, onions, bbq sauce, mushrooms, garlic powder, cilantro, oats, brown rice, and green lentils.

Sides

Lemon and Dill Roasted Potatoes (GF/DF)

Creamed Spinach (D)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Cookie Mousse Cake (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, May 21, 2024

12 Credits

Starters

Cajun Shrimp and Corn Chowder (D)

Roasted Corn Chowder (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Creole Braised Beef (GF/DF)

Chuck roast, onions, celery, peppers, garlic, Cajun spices, Creole seasonings, and tomatoes.

Cajun Roasted Salmon (GF/DF)

Salmon, paprika, oregano, thyme, brown sugar, and cayenne.

Chickpea and Okra Stew with Jasmine Rice (GF/DF/OF/VE)

Chickpeas, okra, green peppers, celoe

Sides

Cajun Rice (GF/DF)

Smothered Green Beans and Bacon (GF/DF)

Steamed Corn

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Cookie Mousse Cake (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Wednesday, May 22, 2024

12 Credits

Starters

Cream of Mushroom (D)

Creamy Asparagus (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Asian Glazed Pork Tenderloin (GF/DF/A)

Pork tenderloin, molasses, five-spice, sesame oil, ginger, sherry, hoisin, and apricot puree.

Miso and Yuzu Glazed Cod (GF/DF/A)

Miso, yuzu, sesame oil, cod, green onions, and mirin.

Mapo Tofu and Impossible Beef (GF/DF/VE)

Impossible beef, tofu, sesame oil, bean sauce, ginger, garlic, and peppercorns.

Sides

Jasmine Rice (GF/DF)

Miso Roasted Carrots (GF/D)

Steamed Cabbage

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Key Lime Pie (D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
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WATERFALLS

Dinner Menu • Thursday, May 23, 2024

12 Credits

Starters

French Onion (D/A)

NOTE: Can Omit Cheese Crouton

Fennel, Leek, and Spinach (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Garlic Pepper Pork Loin (GF/DF)

Pork loin, garlic, and pepper.

Herb Baked Sole (GF/D)

Sole, butter, garlic, parsley, dill, garlic, and onion.

White Bean Stuffed Portobellos (GF/DF/OF/VE)

Portobello mushrooms, white beans, onions, leeks, celery, garlic, turmeric, kale, spinach, artichoke hearts, and tomatoes.

Sides

Pine Nut and Basil Rice Pilaf (GF/DF/OF)

Roasted Cauliflower (GF/DF)

Steamed Brussels Sprouts

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Key Lime Pie (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, May 24, 2024

12 Credits

Starters

Manhattan Clam Chowder (D)

Beet & Kohlrabi (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Creamy Lemon Pepper Chicken (D)

Chicken breasts, parmesan, parsley, garlic, butter, and cream.

Cider Braised Pork (GF/DF)

Pork shoulder, apple cider, cinnamon, garlic, apples, and onions.

Roasted Cauliflower Steaks with Mushroom Gravy (GF/DF/OF/VE)

Cauliflower steaks, shallots, garlic, thyme, mushrooms, brown rice flour, and nutritional yeast.

Sides

Mushroom Quinoa (GF/DF/OF)

Roasted Brussels Sprouts (GF/DF)

Steamed Carrots

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Raspberry White Chocolate Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Saturday, May 25, 2024

12 Credits

Starters

Wisconsin Cheddar (D)

Creamy Tomato (GF/D/VG)

Garden Salad Bar

Entrees

Sundried Tomato and Caper Crumb Cod (D)

Cod, butter, panko, sundried tomato, capers, parsley, and kalamata olives.

Middle Eastern Braised Lamb (GF/DF)

Leg of lamb, cumin, coriander, turmeric, onion powder, cinnamon, and tomatoes.

Spiced Eggplant Stuffed Peppers (GF/DF/OF/VE)

Eggplant, fire roasted tomatoes, cumin, garbanzo beans, garlic, onions, and bell peppers.

Sides

Herbed Israeli Couscous (DF)

Roasted Broccoli (GF/DF)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Raspberry White Chocolate Cheesecake (D)

Mixed Fruit

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