

WATERFALLS

Dinner Menu • Monday, April 22, 2024

12 Credits

Starters

Cock-a-Leekie (GF/D)

Kale and White Bean (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Ranchero Style Shrimp (GF/D)

Shrimp, paprika, butter, onions, tomatoes, lime and cilantro.

Carne Asada (GF/DF)

Flank steak, lime, orange, garlic, and cumin.

Ranchero Style Soy Curls (GF/DF/OF/VE)

Soy curls, paprika, garlic, onions, tomatoes, lime, and cilantro.

Sides

Arroz Amarillo (GF/DF)

Stewed Summer Squash (GF/DF)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Mint Cookie Pie (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, April 23, 2024

12 Credits

Starters

Polenta with Kale and Parmesan (GF/D/VG/A)

Mushroom Barley (DF/OF/VE)

Garden Salad Bar

Entrees

Pork Chops with Buttermilk Gravy (D)

Pork chops, flour, shallots, garlic, stock, buttermilk, and cream.

Butter Crumb Cod (D)

Cod, butter, and Ritz crackers.

Savory Stuffed Apple (GF/DF/OF/VE)

Rice-Chex, apples, garlic, onions, celery, squash, tempeh, and pine nuts.

Sides

Scalloped Potatoes (GF/D)

Roasted Brussels Sprouts (GF/DF)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Mint Cookie Pie (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Wednesday, April 24, 2024

20 Credits

Starters

Creamy Potato and Bacon (D)

Greek Spinach (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Garam Masala Chicken and Chutney (GF/DF/A)

Garam masala, chicken, cilantro, onions, ginger, coriander, and lemon.

Pork Vindaloo (GF/DF)

Pork, cumin, cardamom, cinnamon, mustard, onions, ginger, and garlic.

Garam Masala Tempah and Chutney (GF/DF/OF/VE)

Garam masala, tempeh, cilantro, onions, and ginger.

Sides

Coriander and Cardamom Spiced Rice (GF/DF)

Stewed Okra (GF/D)

Steamed Carrots

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Red Velvet Cake (D)

Mixed Fruit

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

Dinner Menu • Thursday, April 25, 2024

12 Credits

Starters

Chicken and Dumpling (D)

Hungarian Mushroom (D/A/VG)

Garden Salad Bar

Entrees

Balsamic Basil Marinated Flank Steak (GF/DF)

Flank steak, balsamic, and basil.

Salmon and Braised Leeks (GF/D)

Salmon, leeks, garlic, tarragon, lemon, and butter.

Eggplant Involtini (GF/DF/OF/VE)

Eggplant, tofu, cashew cheese, Rice-Chex, basil, and tomato sauce.

Sides

Parmesan and Black Pepper Rice Pilaf (GF/D)

Herb Roasted Tomatoes (GF/D)

Steamed Brussels Sprouts

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Red Velvet Cake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, April 26, 2024

12 Credits

Starters

New England Clam Chowder (D)

Mediterranean Split Pea (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Mojo Chicken (GF/DF)

Chicken, garlic, mint, cilantro, and cumin.

Cuban Pork Roast (GF/DF)

Pork roast, cilantro, citrus, and cumin.

Vegan Cuban Picadillo (GF/DF/OF/VE)

Onions, capers, olives, oregano, cumin, tomatoes, and mushrooms.

Sides

Cuban Black Beans (GF/DF)

Kale Callaloo (GF/D)

Steamed Zucchini and Yellow Squash

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Blueberry Pie (D)

Mixed Fruit

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(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Dinner Menu • Saturday, April 27, 2024

12 Credits

Starters

Minestrone (D)

Tomato Florentine (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Lemon and Garlic Baked Sole (GF/DF)

Lemon, garlic, and sole.

Lamb Shepherd's Pie (D/A)

Lamb, onions, carrots, celery, garlic, wine, butter, peas, and mashed potatoes.

Vegan Shepherd's Pie (GF/DF/VE/A)

Onions, carrots, garlic, celery, mushrooms, wine, peas, and vegan mashed potatoes.

Sides

Wild Rice Pilaf (GF/D)

Roasted Cauliflower (GF/DF)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Blueberry Pie (D)

Mixed Fruit

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