

WATERFALLS

Lunch Menu • Monday, October 28, 2024

8 Credits

Starters

Creamy Chicken Alfredo (D)

Celery Root and Apple (GF/DF/OF/VE)

House-Made Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Southwestern Chicken Wrap (DF)

Chipotle flour tortilla, grilled chicken breasts, romaine, peppers, olives, jicama, tortilla strips, cilantro lime vinaigrette, and chipotle aioli.

Southwest Tempeh Wrap (D/VG)

Chipotle flour tortilla, Gardein chick'n, romaine, olives, jicama, tortilla strips, cilantro lime vinaigrette, and chipotle aioli.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Lemon Bars (D)

Mixed Fruit

WATERFALLS

Lunch Menu • Tuesday, October 29, 2024

8 Credits

Starters

Beef Barley (DF)

Cauliflower, Kale, and Chickpea (GF/DF/OF/VE)

House-Made Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Pork Chile Verde Bowl (GF/D)

Marinated pork, brown rice, ranchero beans, cheese, tomatoes, olives, green onions, cilantro, and salsa, sour cream and guacamole on the side.

Soy Verde Bowl (GF/DF/VE)

Seasoned plant-based chicken, brown rice, ranchero beans, vegan cheddar cheese, tomatoes, olives, green onions, cilantro, and salsa, sour cream (D), and guacamole on the side.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Lemon Bars (D)

Mixed Fruit

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

WATERFALLS

Lunch Menu • Wednesday, October 30, 2024

8 Credits

Starters

Sausage and Potato (GF/DF)

Golden Beet (GF/DF/OF/VE)

House-Made Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Rice Noodles with Chicken (GF/DF)

Chicken breast, baby bok choy, baby corn, eggs, stir-fry sauce, and rice noodles.

Rice Noodles with Soy Curls (GF/DF/VG)

Soy curls, baby bok choy, baby corn, eggs, stir-fry sauce, and rice noodles.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Monster Cookies (D/Nuts)

Mixed Fruit

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(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Lunch Menu • Thursday, October 31, 2024

8 Credits

Starters

Chicken Tikka Masala (GF/DF)

Note: Contains Pork

Mulligatawny (GF/DF/OF/VE)

House-Made Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Spaghetti and Meatballs (D/A)

Spaghetti, beef and pork meatballs, marinara sauce, parmesan, and breadstick.

Spaghetti and Impossible Meatballs (D/A/VG)

Spaghetti, meatless meatballs, marinara sauce, parmesan, and breadstick.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Monster Cookies (D/Nuts)



Mixed Fruit

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(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Lunch Menu • Friday, November 1, 2024

8 Credits

Starters

Cajun Shrimp and Corn Chowder (D)

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

Note: Dairy Garnish Optional

House-Made Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Five-Spice Chicken Salad (GF/DF/Nuts)

Five-spice marinated grilled chicken breast, spinach, red cabbage, arugula, red peppers, carrots, green onions, sesame seeds, cashews, and miso sesame dressing.

Five-Spice Soy Curl Salad (GF/DF/VE/Nuts)

Five-spice marinated soy curls, spinach, red cabbage, arugula, red peppers, carrots, green onions, sesame seeds, cashews, and miso sesame dressing.

Sides

Brown Rice

Steamed Medley

Steamed Spinach

Roll or Cornbread

Dessert

Chai Blondie (D)

Mixed Fruit

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WATERFALLS

Lunch Menu • Saturday, November 2, 2024

8 Credits

Starters

Garden Vegetable (GF/DF/VE)

Roasted Cauliflower (GF/DF/OF/VE)

House-Made Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Patty Melt (D)

Rye bread, Swiss cheese, burger patty, 1000 island dressing, and caramelized onions.
Served with a side of curly fries.

Impossible Patty Melt (D/VG)

Rye bread, Swiss cheese, burger patty, 1000 island dressing, and caramelized onions.
Served with a side of curly fries.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Chai Blondie (D)

Mixed Fruit

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