

WATERFALLS

Dinner Menu • Monday, December 2, 2024

12 Credits

Starters

Chicken Noodle (DF)

Butternut Squash (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Pork Tenderloin with Honey Garlic Sauce (GF/D)

Pork tenderloin, ginger, sesame oil, honey, and garlic.

Roasted Shrimp in Tomato Cream (GF/D/A)

Butter, shrimp, onions, shallots, carrots, celery, garlic, tomatoes, white wine, and cream.

Roasted Cauliflower Steaks with Romesco (GF/DF/OF/VE/Nuts)

Roasted cauliflower steaks, red peppers, tomatoes, garlic, and zucchini puree and almond sauce.

Sides

Rosemary Roasted Delicata Squash (GF/DF)

Braised Kale (GF/DF)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Key Lime Pie (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, December 3, 2024

12 Credits

Starters

Savory Mushroom (GF/DF/OF/VE/A)

Beet, Fennel, and Ginger (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Braised Moroccan Chicken (GF/DF)

Chicken thighs, onions, carrots, garlic, ginger, coriander, cumin, turmeric, bay leaves, and cinnamon.

Moroccan Style Baked Cod (GF/DF)

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

Couscous Stuffed Portobello Mushrooms (DF/OF/VE)

Mushrooms, shallots, artichokes, red peppers, thyme, and couscous.

Sides

Spiced Couscous (DF)

Moroccan Stewed Zucchini (GF/DF)

Steamed Green Beans

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
(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Dinner Menu • Wednesday, December 4, 2024

12 Credits

Starters

Creamy Potato and Bacon (D)

Creamy Sweet Potato and Apple (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Chicken Puttanesca (GF/DF/A)

Chicken breast, onions, garlic, tomatoes, white wine, capers, anchovy, olives, red peppers flakes, oregano, and basil.

Beef Medallions with Pistachio Gremolata (GF/DF/Nuts)

Beef, pistachios, tarragon, lemon zest, and parsley.

Vegan Chickpea Puttanesca (GF/DF/OF/VE/A)

Red onions, garlic, eggplant, red peppers, chickpeas, tomatoes, thyme, oregano, red wine, capers, olives, and basil.

Sides

Spaghetti Cacio e Pepe (D)

Herb Roasted Nightshades (GF/DF)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Ultimate Chocolate Cake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Thursday, December 5, 2024

12 Credits

Starters

Zuppa Toscana (D)

Zesty Bean (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Beef Bourguignon (DF/A)

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

Grilled Salmon with Orange Saffron Butter (GF/D)

Salmon, butter, garlic, saffron, orange zest, and orange juice.

Vegan Bourguignon (GF/DF/VE/A)

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

Sides

Roasted Fingerling Potatoes (GF/DF)

Creamed Peas (D)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Raspberry Torte (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, December 6, 2024

12 Credits

Starters

Manhattan Clam Chowder (D)

Cabbage and Potato (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Honey and Orange Glazed Chicken (GF/D)

Chicken thighs, butter, garlic, ginger, orange, honey, and orange zest.

Lemon and Garlic Baked Sole (GF/DF)

Sole, lemon, and garlic.

Vegan Stuffed Delicata Squash (GF/DF/OF/VE)

Squash, navy bean, carrots, leeks, bay leaf, thyme, spinach, tomatoes, onions, garlic, and basil.

Sides

Scalloped Potatoes (D)

Carrots Vichy (GF/D)

Steamed Zucchini and Yellow Squash

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Maple Spice Pie (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Saturday, December 7, 2024

12 Credits

Starters

Broccoli Cheddar (D)

Red Pepper and Tomato (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Garlic Pepper Loin (GF/DF)

Pork loin, garlic, and pepper.

Middle Eastern Braised Lamb (GF/DF)

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

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

Onions, garlic, lacinato kale, fire roasted tomatoes, red chili, and beans.

Sides

Roasted Harissa and Sesame Sweet Potatoes (GF/DF)

Spiced Roasted Cauliflower (GF/DF)

Steamed Carrots and Parsnips

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Maple Spice Pie (D)

Mixed Fruit

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(A) Contains Alcohol • (OF) Oil-Free