

WATERFALLS

Dinner Menu • Monday, November 18, 2024

12 Credits

Starters

Turkey and Wild Rice (GF/D)

Tomato Basil Bisque (GF/D/OF/VG)

Garden Salad Bar

Entrees

Lemongrass and Garlic Braised Chicken Thighs (GF/DF/A)

Chicken thighs, onions, garlic, lemongrass, lime, mirin, soy sauce, and cilantro.

Firecracker Shrimp (GF/DF/A)

Shrimp, lime, soy sauce, Sambal Oelek, mirin, and cilantro.

Lemongrass and Garlic Grilled Tofu (GF/DF/OF/VE/A)

Tofu, lemongrass, onions, lime, mirin, and soy sauce.

Sides

Cilantro Lime Rice (GF/DF)

Miso Honey Brussels Sprouts (GF/D)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Cookies and Cream Pie (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, November 19, 2024

12 Credits

Starters

White Bean and Italian Sausage (GF/D)

Note: Dairy Optional

Wild Mushroom (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Andouille Stuffed Bell Peppers (GF/DF)

Andouille sausage, green peppers, brown rice, quinoa, garlic, onions, tomatoes, and kale.

Cajun Meatloaf (D)

Ground beef, breadcrumbs, oregano, basil, milk, celery, onions, green peppers, eggs, ketchup, and Worcestershire.

Vegan Cajun Tofu Stuffed Bell Peppers (GF/DF/OF/VE)

Tofu, tamari, lime juice, Cajun seasoning, green peppers, brown rice, quinoa, yellow onions, garlic, and kale.

Sides

Cumin Roasted Sweet Potatoes (GF/DF)

Green Beans with Fondued Cherry Tomatoes (GF/DF)

Steamed Brussels Sprouts

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Cookies and Cream Pie (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Wednesday, November 20, 2024

12 Credits

Starters

Potato and Ham (D)

Roasted Squash and Cider (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Smothered Pork Chops (D)

Pork chops, flour, garlic powder, paprika, parsley, butter, onions, stock, parmesan, and milk.

Roasted Sole with Pancetta Cream Sauce (GF/D/A)

Sole, pancetta, shallots, white wine, cream, and thyme.

Lentil and Vegetable Loaf with Tomato Relish (GF/DF/OF/VE)

Lentils, flax seeds, garlic, onions, sorghum flour, maple syrup, oats, and tomatoes.

Sides

Smashed Red Bliss Potatoes (GF/D)

Roasted Broccoli (GF/DF)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Cookies and Milk Mousse Cake (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Thursday, November 21, 2024

12 Credits

Starters

Minestrone (D)

Note: Optional Dairy Garnish

Curried Parsnip (GF/DF/OF/VE/COCONUT/NUTS)

Note: Optional Peanut Garnish

Garden Salad Bar

Entrees

Creamy Lemon Romano Chicken (D)

Chicken, flour, garlic, chicken stock, basil, lemon, cream, and Romano cheese.

Grilled Salmon with Saffron Cream Sauce (D/A)

Salmon, butter, flour, wine, shallots, and cream.

Vegan Quinoa and Artichoke Stuffed Portobello Mushrooms (GF/DF/OF/VE)

Portobello mushrooms, peppers, shallots, artichoke hearts, red peppers, and quinoa.

Sides

Mediterranean Yellow Rice (GF/DF)

Honey Ginger Roasted Carrots (GF/D)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Black Forest Cake (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Friday, November 22, 2024

12 Credits

Starters

Smoked Salmon Chowder (D)

Sweet Potato (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Sundried Tomato and Caper Crumb Cod (D)

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

Grilled Flank Steak with Balsamic Peppers and Onions (GF/DF)

Flank steak, green onions, citrus juice, peppers, onions, and balsamic vinegar.

Spinach and Squash Lasagna (D/VG)

Spinach, butter, flour, broth, cream, nutmeg, cheese, and butternut squash.

Sides

Herb Roasted New Potatoes (GF/DF)

Tomato Braised Cauliflower (GF/DF)

Steamed Carrots and Parsnips

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Blueberry Pie (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Saturday, November 23, 2024

12 Credits

Starters

Chicken Tortilla (GF/D)

Three Bean (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Blackberry Balsamic Glazed Chicken (D)

Chicken breast, butter, shallots, brown sugar, cinnamon, and blackberries.

Pork Loin with Fig Gastrique (GF/D)

Seasoned pork loin, shallots, figs, cinnamon, fennel, honey, and honey.

Spanakopita Stuffed Peppers (GF/D/OF/VG)

Feta, parsley, spinach, quinoa, fontina, and shallots,

Sides

Twice Baked Potatoes with Bacon (D)

Glazed Rainbow Carrots (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

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