

WATERFALLS

Lunch Menu • Monday, December 2, 2024

8 Credits

Starters

Chicken Noodle (DF)

Butternut Squash (GF/DF/OF/VE)

House-Made Chili

Garden Salad Bar

Entrees

Chicken Caesar Wrap (D)

Grilled chicken, romaine, cherry tomatoes, croutons, parmesan cheese, and Caesar dressing.

Vegan Gardein Chik'n Caesar Wrap (DF/VE)

Gardein Chicken, romaine, cherry tomatoes, croutons, vegan parmesan, and vegan Caesar dressing.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Pumpkin Snickerdoodle (D)

Mixed Fruit

WATERFALLS

Lunch Menu • Tuesday, December 3, 2024

8 Credits

Starters

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

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

House-Made Chili

Garden Salad Bar

Entrees

Chicken Tamales (GF/D)

Chicken, masa flour, green chiles, and cheese. Served with refried beans, and cilantro lime rice.

Green Chile and Cheese Tamales (GF/D/VG)

Roasted green chiles, Monterey jack cheese, spices, lime, and corn masa. Served with refried beans, and cilantro lime rice.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Pumpkin Snickerdoodle (D)

Mixed Fruit

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

WATERFALLS

Lunch Menu • Wednesday, December 4, 2024

8 Credits

Starters

Creamy Potato and Bacon (D)

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

House-Made Chili

Garden Salad Bar

Entrees

Chicken Chow Mein (DF)

Chicken breasts, mushrooms, napa cabbage, onions, bamboo strips, chow mein noodles, green onions, jasmine rice, and stir-fry sauce.

Soy Curl Chow Mein (DF/VE)

Soy curls, mushrooms, napa cabbage, onions, carrots, bamboo strips, chow mein noodles, green onions, jasmine rice, and stir-fry sauce.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Raspberry Crumb Bar (D)

Mixed Fruit

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WATERFALLS

Lunch Menu • Thursday, December 5, 2024

8 Credits

Starters

Zuppa Toscana (D)
Zesty Bean (GF/DF/OF/VE)
House-Made Chili
Garden Salad Bar

Entrees

Turkey Tetrazzini (D/A)

Turkey, butter, onions, celery, mushrooms, wine, cheese, and egg noodles.

Soy Curl Tetrazzini (GF/DF/OF/VE/A)

Vegan country mushroom gravy, (shallots, garlic, thyme, mushrooms, stock, rice flour, and nutritional yeast), soy curls, onions, celery, carrots, red peppers, peas, garlic, wine, GF chickpea pasta, quinoa, and parsley.

Sides

Brown Rice
Steamed Vegetable Medley
Steamed Spinach
Roll or Cornbread

Dessert

Raspberry Crumb Bar (D)
Mixed Fruit

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WATERFALLS

Lunch Menu • Friday, December 6, 2024

8 Credits

Starters

Manhattan Clam Chowder (D)

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

House-Made Chili

Garden Salad Bar

Entrees

Fall Harvest Salad (GF/D)

Shaved Brussels sprouts, arugula, dried cranberries, pepitas, red onions, ricotta, squash and caramelized apple vinaigrette.

Sides

Brown Rice

Steamed Medley

Steamed Spinach

Roll or Cornbread

Dessert

Rocky Road Brownie (D/Nuts)

Mixed Fruit

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WATERFALLS

Lunch Menu • Saturday, December 7, 2024

8 Credits

Starters

Broccoli Cheddar (D)

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

House-Made Chili

Garden Salad Bar

Entrees

Coney Island Hot Dog (D)

All beef hot dog, ground beef, onions, ketchup, mustard, and spices.

Vegan Coney Island Hot Dog (D/VG)

Vegan sausage, bun, vegan crumbles, ketchup, mustard, onions, and spices.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Rocky Road Brownies (D/Nuts)

Mixed Fruit

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