

# WATERFALLS

Lunch Menu • Monday, November 18, 2024

8 Credits

## Starters

**Turkey and Wild Rice (GF/D)**

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

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

**Garden Salad Bar**

## Entrees

**Pork Banh Mi (DF)**

Lemongrass braised pork, hoagie roll, cucumber, carrots, onion, daikon, mayo, cilantro, jalapeno and lime.

**Tofu Banh Mi (DF/VE)**

Tofu, lime, soy sauce, vegan Fish sauce, garlic, ginger, tahini, hoagie roll, cucumber, carrot, onions, daikon, cilantro, mayo, and jalapeno.

## Sides

**Brown Rice**

**Steamed Vegetable Medley**

**Steamed Spinach**

**Roll or Cornbread**

## Dessert

**Fudge Brownie with White Chocolate Chips (D)**

**Mixed Fruit**

# WATERFALLS

Lunch Menu • Tuesday, November 19, 2024

8 Credits

## Starters

### **White Bean and Italian Sausage (GF/D)**

Note: Dairy Optional

### **Wild Mushroom (GF/DF/OF/VE)**

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

### **Garden Salad Bar**

## Entrees

### **Beef Nachos (GF/D)**

Ground beef, tortilla chips, cumin, chili powder, coriander, paprika, garlic powder, cheddar cheese sauce, black beans, salsa, olives, tomatoes, scallions.  
With optional guacamole, sour cream, and cilantro garnish.

### **Impossible Nachos (GF/D/VG)**

Impossible beef, tortilla chips, cumin, chili powder, coriander, paprika, garlic powder, cheddar cheese sauce, black beans, salsa, olives, tomatoes, scallions.  
With optional guacamole, sour cream, and cilantro garnish.

## Sides

### **Brown Rice**

### **Steamed Vegetable Medley**

### **Steamed Spinach**

### **Roll or Cornbread**

## Dessert

### **Fudge Brownie with White Chocolate Chips (D)**

### **Mixed Fruit**

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

# WATERFALLS

Lunch Menu • Wednesday, November 20, 2024

8 Credits

## Starters

**Potato and Ham (D)**

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

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

**Garden Salad Bar**

## Entrees

**Chicken and Broccoli Stir-Fry (GF/DF)**

Chicken, broccoli, mushroom, carrots, jasmine rice, and stir-fry sauce.

**Soy Curls and Broccoli Stir-Fry (GF/DF/VE)**

Soy curls, broccoli, mushroom, carrots, jasmine rice, and stir-fry sauce.

## Sides

**Brown Rice**

**Steamed Vegetable Medley**

**Steamed Spinach**

**Roll or Cornbread**

## Dessert

**Chocolate Chip Cookie (D)**

**Mixed Fruit**

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

# WATERFALLS

Lunch Menu • Thursday, November 21, 2024

8 Credits

## Starters

### **Minestrone (D)**

Note: Dairy Optional

### **Curried Parsnip (GF/DF/OF/VE/Coconut/Nuts)**

Note: Optional Peanut Garnish

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

### **Garden Salad Bar**

## Entrees

### **Ham and Gruyere Crepes with Dijon Garlic Cream Sauce (D)**

Ham, Gruyere cheese, cream, Dijon, chives, tarragon, butter, flour, milk, eggs, and garlic.

### **Forest Mushroom Crepes with Dijon Garlic Cream Sauce (D/VG)**

Dijon, chives, tarragon, butter, flour, milk, eggs, mushrooms, shallots, garlic, and thyme.

## Sides

### **Brown Rice**

### **Steamed Vegetable Medley**

### **Steamed Spinach**

### **Roll or Cornbread**

## Dessert

### **Chocolate Chip Cookie (D)**

### **Mixed Fruit**

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

# WATERFALLS

Lunch Menu • Friday, November 22, 2024

8 Credits

## Starters

**Smoked Salmon Chowder (D)**

**Sweet Potato (GF/DF/OF/VE)**

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

**Garden Salad Bar**

## Entrees

**Grilled Chicken Cobb (GF/D)**

Chicken, bacon, egg, Roma tomatoes, blue cheese, avocado, lettuce, and choice of dressing.

**Gardein Chick'n Cobb Salad (GF/D/VG)**

Grilled Gardein chick'n, blue cheese, lettuce, egg, tomato, avocado, and choice of dressing.

## Sides

**Brown Rice**

**Steamed Medley**

**Steamed Spinach**

**Roll or Cornbread**

## Dessert

**Strawberry Cinnamon Crumble Bars (D)**

**Mixed Fruit**

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

# WATERFALLS

Lunch Menu • Saturday, November 24, 2024

8 Credits

## Starters

**Chicken Tortilla (GF/D)**

**Three Bean (GF/DF/OF/VE)**

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

**Garden Salad Bar**

## Entrees

**Chicken Shawarma (D)**

Chicken thighs, lemon, pepper, cumin, coriander, paprika, turmeric, garlic powder, onion powder, cinnamon, and parsley. With tzatziki sauce, tomato cucumber salad, and pita bread.

**Vegetarian Shawarma (D/VG)**

Tofu, lemon, pepper, cumin, coriander, paprika, turmeric, garlic powder, onion powder, cinnamon, and parsley. With tzatziki sauce, tomato cucumber salad, and pita bread.

## Sides

**Brown Rice**

**Steamed Vegetable Medley**

**Steamed Spinach**

**Roll or Cornbread**

## Dessert

**Strawberry Cinnamon Crumble Bars (D)**

**Mixed Fruit**

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