

WATERFALLS

Lunch Menu • Monday, December 16, 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

- Candied Ginger Shortbread (D)**
- Mixed Fruit**

WATERFALLS

Lunch Menu • Tuesday, December 17, 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

Candied Ginger Shortbread (D)

Mixed Fruit

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

WATERFALLS

Lunch Menu • Wednesday, December 18, 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

Moo Goo Gai Pan (GF/DF)

Chicken, cabbage, bamboo shoots, mushrooms, carrots, onions, green onions, jasmine rice, and stir-fry sauce.

Moo Goo Gai Pan and Soy Curls (GF/DF/VE)

Soy curls, cabbage, bamboo shoots, mushrooms, carrots, onions, green onions, jasmine rice, and stir-fry sauce.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Monster Cookies (D/Nuts)

Mixed Fruit

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WATERFALLS

Lunch Menu • Thursday, December 19, 2024

8 Credits

Starters

Chicken Tikka Masala (GF/DF/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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WATERFALLS

Lunch Menu • Friday, December 20, 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, December 21, 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

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