

WATERFALLS

Dinner Menu • Monday, January 6, 2025

12 Credits

Starters

Chicken Noodle (DF)

Bok Choy and Sweet Potato (GF/DF/OF/VE/A)

Garden Salad Bar

Entrees

Meatloaf with Beef Gravy (D)

Beef, pork, panko, egg, buttermilk, onions, carrots, garlic, and ketchup.

Grilled Salmon with Balsamic Glazed Peppers and Onions (GF/DF)

Salmon, olive oil, lemon, peppers, and onions.

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

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

Sides

Mashed Potatoes (GF/D)

Succotash (GF/D)

Steamed Peas

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Cookie Mousse Cake (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, January 7, 2025

12 Credits

Starters

Creamy Potato and Bacon (D)

Creamy Roasted Corn Chowder (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Roasted BBQ Chicken with Alabama White Sauce (GF/D)

Chicken breast, mayo, mustard, horseradish, tabasco, and lemon.

Braised Beef Brisket (GF/DF/A)

Beef, onions, garlic, carrots, tomatoes, wine, and honey.

Vegan BBQ Lentil "Meat"balls (GF/DF/VE)

Flax seeds, basil, olive oil, Worcestershire, onions, bbq sauce, mushrooms, brown rice, oats and green lentils.

Sides

Potato Salad (GF/D)

Smothered Green Beans and Bacon (GF/DF)

Steamed Corn

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Chocolate Chip Cookie Mousse Cake (D)

Mixed Fruit

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

WATERFALLS

Dinner Menu • Wednesday, January 8, 2025

12 Credits

Starters

Tomato Basil Bisque (GF/D)

Bavarian Lentil (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Turkey Pot Pie (D/A)

Onions, flour, potatoes, celery, carrots, peas, mushrooms, wine, bechamel sauce, turkey, and puff pastry.

Sole with Pancetta Cream Sauce (GF/DF/A)

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

Vegetable Pot Pie (DF/OF/VE/A)

Onions, carrots, celery, mushrooms, thyme, rosemary, red wine, zucchini, yellow squash, puff pastry, peas, and steamed broccoli.

Sides

Roasted Fingerling Potatoes (GF/DF)

Creamed Corn (GF/D)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Rustic Apple Tart (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Thursday, January 9, 2025

12 Credits

Starters

Beef Stew (D)

Country Bean (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Chicken Paprikash (D)

Chicken thighs, onions, garlic, flour, paprika, tomatoes, and sour cream.

Beef Grillades (GF/DF/A)

Beef short ribs, Cajun seasoning, red wine, peppers, tomatoes, and onions.

Chickpea Paprikash (GF/DF/VE)

Chickpeas, onions, garlic, paprika, garbanzo bean flour, crushed tomatoes, and coconut milk.

Sides

Buttered Yukon 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

Black Forest Cake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, January 10, 2025

12 Credits

Starters

Salmon Chowder (D)

Curried Butternut (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Butter Crumb Cod (D)

Cod, butter, and Ritz-Crackers.

Smothered Pork Chops (D)

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

Savory Stuffed Apples (GF/DF/OF/VE/Nuts)

Apples, Rice-Chex, garlic, onions, celery, squash, tempeh, sage, thyme, and pine-nuts.

Sides

Mushroom Rice Pilaf (GF/DF)

Carrots Persillade (GF/D)

Steamed Green Beans

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Blueberry Pie (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Saturday, January 11, 2025

12 Credits

Starters

Italian Wedding (D)

Moroccan Lentil (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Braised Moroccan Chicken (GF/DF)

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

Moroccan Sweet and Spicy Shrimp (GF/DF)

Shrimp, paprika, chili powder, cumin, brown sugar, coriander, ginger, turmeric, cinnamon, and cardamom.

Vegetable Tagine (GF/DF/OF/VE)

Onions, garlic, ginger, tomatoes, turnips, cauliflower, carrots, red peppers, lentil, chickpeas, sweet potatoes, cilantro, cumin, coriander, cinnamon, and nutmeg.

Sides

Spiced Couscous (D)

Stewed Cauliflower (GF/DF)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Blueberry Pie (D)

Mixed Fruit

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