

WATERFALLS

Lunch Menu • Monday, January 6, 2025

8 Credits

Starters

Chicken Noodle (DF)

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

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

Garden Salad Bar

Entrees

Fried Chicken Sandwich (D)

Fried chicken patty, brioche bun, shredded lettuce, tomato, pickle, and mayo.

Vegetarian Fried “Chicken” Sandwich (D/VG)

Plant-Based chicken patty, brioche bun, shredded lettuce, tomato, pickle, and mayo.

NOTE: Gluten-Free Buns Available

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

White Chocolate Chip Brownie (D)

Mixed Fruit

WATERFALLS

Lunch Menu • Tuesday, January 7, 2025

8 Credits

Starters

Creamy Potato and Bacon (D)

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

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

Garden Salad Bar

Entrees

Beef and Bean Quesadilla (D)

Soft flour tortilla, seasoned ground beef, beans and cheese,
served with side of salsa, sour cream and guacamole

Cumin Roasted Butternut Quesadilla (DF/VE)

Cumin, squash, onions, garlic, tortilla, vegan cheese, and guacamole and salsa on the side.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

White Chocolate Chip Brownie

Mixed Fruit

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

WATERFALLS

Lunch Menu • Wednesday, January 8, 2025

16 Credits

Starters

Tomato Basil Bisque (GF/D)

Bavarian Lentil (GF/DF/OF/VE)

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

Garden Salad Bar

Entrees

Crispy Egg Noodle and Chicken Stir-Fry (DF)

Chicken breast, green onions, cauliflower, bamboo shoots, carrots, egg noodles and stir-fry sauce.

Crispy Egg Noodles and Soy Curl Stir-Fry (DF/VE)

Soy curls, green onions, cauliflower, bamboo shoots, carrots, egg noodles, and stir-fry sauce.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Desserts

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, January 9, 2025

8 Credits

Starters

Beef Stew (D)

Country Bean (GF/DF/OF/VE)

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

Garden Salad Bar

Entrees

Lasagna (D)

Marinara sauce, pork, ground beef, ricotta cheese, parmesan, and egg noodles.

Vegetarian Lasagna (D/VG)

Assorted vegetables, marinara sauce, ricotta cheese, parmesan, egg, noodles.

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, January 10, 2025

8 Credits

Starters

Salmon Chowder (D)

Curried Butternut (GF/DF/OF/VE)

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

Garden Salad Bar

Entrees

Chicken Cobb Salad (GF/D)

Chicken, bacon, egg, Roma tomatoes, blue, cheese, avocado, romaine, dressing choice.

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

Grilled gardein chicken, blue cheese, lettuce, egg, tomato, avocado, dressing choice

Sides

Brown Rice

Steamed Medley

Steamed Spinach

Roll or Cornbread

Dessert

Strawberry 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, January 11, 2025

8 Credits

Starters

Italian Wedding (D)

Moroccan Lentil (GF/DF/OF/VE)

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

Garden Salad Bar

Entrees

Pizzas

Your Choice of:

Pepperoni Pizza (D)

Pepperoni, cheese, pizza dough, pizza sauce.

Cheese Pizza (D)

Cheese, dough, and sauce.

Vegetarian Pizza (D)

Assorted vegetables, cheese, pizza dough, pizza sauce.

Vegan Pizza (GF/DF/VE)

Cauliflower crust, dairy free cheese, assorted vegetables

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Strawberry Crumble Bars (D)

Mixed Fruit

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