

DAILY SPECIALS

Monday, March 3, 2025 ~ 12 Credits

SOUPS

Navy Bean and Ham (GF/D) 3/5

Thai Coconut and Tomato (GF/DF/OF/VE) 3/5

Garden Salad Bar

ENTREES

Bangers and Mash and Onion Gravy (D)

Pork sausages, mashed potatoes (GF/D), butter, and onion gravy.

Honey Glazed Salmon (GF/D)

Salmon, butter, ginger, Dijon, honey, and chives.

Quinoa Tabouli Stuffed Tomatoes (GF/DF/OF/VE)

Quinoa, parsley, mint, tomatoes, and lemon.

SIDES

Mashed Potatoes (GF/D)

Buttered Peas and Carrots (GF/D)

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Strawberry Cream Cake (D)

Mixed Fruit

WATERFALLS

Dinner

Winter 2025

Mardi Gras

DAILY SPECIALS

Tuesday, March 4 2025 ~ 12 Credits

SOUPS

Albondigas (GF/DF)

Black Bean Soup (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken and Sausage Gumbo (D)

Chicken thighs, andouille sausage, butter, onions, celery, green peppers, and okra, Cajun seasoning, and fire-roasted tomatoes.

Shrimp Etouffée (DF)

Shrimp, onions, celery, green peppers, Creole seasoning, tomatoes, and green onions

Vegan Tofu Jambalaya (GF/DF/VE)

Onions, green peppers, scallions, garlic, tofu, and tomatoes.

SIDES

Red Beans and Rice (GF/DF/OF)

Braised Collard Greens (GF/D/A)

Steamed Corn

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Rum Mousse Cup (D)

Mixed Fruit



WATERFALLS

Dinner

Winter 2025

DAILY SPECIALS

Wednesday, March 5, 2025 ~ 12 Credits

SOUPS

Beef Barley (DF)

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

Garden Salad Bar

ENTREES

Cilantro Lime Marinated Chicken (GF/DF/A)

Chicken thighs, sherry, garlic, red pepper flakes, cilantro, and lime.

Cuban Pork Roast (GF/DF)

Pork roast, citrus, onions, and cilantro.

Vegan Picadillo (GF/DF/OF/VE)

Onions, capers, olives, fire-roasted tomatoes, and mushrooms.

SIDES

Cilantro Lime Rice (GF/DF/OF)

Calabicitas (GF/DF)

Note: Dairy Optional

Steamed Zucchini and Yellow Squash

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Strawberry Cream Cake (D)

Mixed Fruit

WATERFALLS

Dinner

Winter 2025

DAILY SPECIALS

Thursday, March 6, 2025 ~ 12 Credits

SOUPS

Bacon and Butternut Squash (D)

Golden Garlic and Cauliflower (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Lemon and Garlic Baked Cod (GF/D)

Cod, butter, lemon zest, and paprika.

Roasted Pork Tenderloin with Creamy Dijon Sauce (GF/D)

Pork tenderloin, Dijon, and cream.

Roasted Cauliflower Steaks with Romesco Sauce (GF/DF/OF/VE/Nuts)

Roasted cauliflower steak, red peppers, tomatoes,
garlic, zucchini puree, and almonds.

SIDES

Herb Roasted Red Potatoes (GF/DF)

Honey Ginger Roasted Carrots (GF/D)

Steamed Asparagus

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Triple Chocolate Torte (D)

Mixed Fruit

WATERFALLS

Dinner

Winter 2025

DAILY SPECIALS

Friday, March 7, 2025 ~ 12 Credits

SOUPS

Manhattan Clam Chowder (D)

Curried Lentil and Apricot (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Marbella (GF/DF/A)

Bone-in chicken thighs, prunes, green olives, oregano, and white wine.

Herb Baked Sole (GF/D)

Sole, butter, garlic, parsley, dill, onions, and garlic.

Vegan Stuffed Delicata Squash (GF/DF/OF/VE)

Squash, navy bean, carrots, leeks, spinach, tomatoes, onions, garlic, and basil.

SIDES

Almond Rice Pilaf (GF/DF/Nuts)

Moroccan Stewed Zucchini (GF/DF)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Apple Pie (D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy

(DF) Dairy Free • (A) Contains Alcohol • (OF) Oil-Free

DAILY SPECIALS

Saturday, March 8, 2025 ~ 12 Credits

SOUPS

Chicken and Wild Rice (D)

Roasted Tomato (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Creamy Tuscan Chicken (GF/D)

Chicken breast, garlic, rosemary, butter, tomatoes, and shallots.

Lamb Puttanesca (GF/DF/A)

Onions, lamb, tomatoes, capers, anchovy, olives, and basil.

Vegan Chickpea Puttanesca (GF/DF/OF/VE/A)

Red onions, garlic, eggplant, red peppers, chickpeas, tomatoes, red wine, capers, olives, and basil.

SIDES

Penne Pasta (DF) or Gluten-Free Pasta (DF)

Green Beans with Fondued Tomatoes (GF/DF)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Apple Pie (D)

Mixed Fruit
