

DAILY SPECIALS

Monday, March 10, 2025 ~ 12 Credits

SOUPS

Lentil and Spanish Chorizo (GF/DF)

Red Pepper and Tomato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Pork Piccata (D) ♦

Pork loin, egg, flour, parmesan, lemon, and capers.

Shrimp Scampi (GF/D/A) ♦

Shrimp, garlic, butter, wine, lemon, and parsley.

Cauliflower Steaks with Lemon Caper Sauce (GF/DF/OF/VE)

Cauliflower, dill, capers, shallots, and lemon.

SIDES

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

Roasted Brussels Sprouts (GF/DF)

Steamed Asparagus

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Triple Chocolate Tiger Cake (D)

Mixed Fruit

Dinner

WATERFALLS

Winter 2025

DAILY SPECIALS

Tuesday, March 11 2025 ~ 12 Credits

SOUPS

Beef and Vegetable (GF/DF) † 3/5

Asparagus and Edamame (GF/DF/OF/VE) †♦ 3/5

Garden Salad Bar

ENTREES

Chicken Pastitsio (D/A)

Chicken, onions, garlic, mushrooms, cinnamon, wine, tomatoes, penne pasta, and bechamel sauce.

Apple Cider Braised Beef (GF/DF) ♦

Beef, cinnamon, rosemary, garlic, apples, onions, and cider.

Vegan Pastitsio (GF/DF/VE/A)

Vegan butter, onions, garlic, mushrooms, cinnamon, red wine, tomatoes, lentil, chickpea pasta, and soy milk.

SIDES

Garlic Roasted Potatoes (GF/DF/OF)

Creamed Peas (D)

Steamed Green Beans

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Triple Chocolate Tiger Cake (D)

Mixed Fruit

WATERFALLS

Dinner

Winter 2025

DAILY SPECIALS

Wednesday, March 12, 2025 ~ 12 Credits

SOUPS

Turkey Noodle (DF) ↓

Potato and Kale (GF/DF/OF/VE) ↕◆

Garden Salad Bar

ENTREES

Mushroom Braised Pork Chops (D/A) ◆

Bone-in pork chops, shallots, mushrooms, wine, and cream.

Lemon and Herb Baked Salmon (GF/DF) ◆

Salmon, dill, lemon, and parsley.

Spinach and Walnut Stuffed Portobellos (GF/DF/OF/VE/Nuts) ◆

Portobello mushrooms, spinach, onions, and walnuts.

SIDES

Garlic and Herb Brown Rice (GF/DF)

Stewed Green Beans (GF/DF)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Coconut Meringue Pie (D)

Mixed Fruit

WATERFALLS

Dinner

Winter 2025

DAILY SPECIALS

Thursday, March 13, 2025 ~ 12 Credits

SOUPS

Five-Spice Chicken Noodle (DF/A) ↓

Cabbage and Tofu Dumpling (GF/DF/OF/VE) ↓◆

Garden Salad Bar

ENTREES

Beef Medallions with Maple and Soy Glaze (GF/DF) ↓◆

Seasoned beef, maple syrup, mustard, red chili flakes, and soy sauce.

Steamed Cod over Napa Cabbage (GF/DF) ↓◆

Cod, napa cabbage, celery, red peppers, ginger, soy sauce, and gojuchang.

Vegan Sticky Tofu (GF/DF/OF/VE)

Tofu, rice vinegar, sugar, tomato paste, soy sauce, cornstarch,
and sesame seeds.

SIDES

Five-Spice Roasted Sweet Potatoes (GF/DF)

Roasted Edamame Succotaash (GF/DF/OF/A)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Lemon Cream Cake (D)

Mixed Fruit

WATERFALLS

Dinner

Winter 2025

DAILY SPECIALS

Friday, March 14, 2025 ~ 12 Credits

SOUPS

Smoked Salmon Chowder (D)

Sweet Potato (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Chicken with Creamy Garlic Sauce (D) ◆

Chicken thighs, parmesan, flour, butter, garlic, and cream.

Beef Bourguignon (DF/A) ◆

Chuck beef, bacon, onions, marinara sauce, wine, and mushrooms.

Vegan Bourguignon (GF/DF/OF/VE/A) ↓◆

Mushrooms, tofu, wine, mushrooms broth, carrots, and onions.

SIDES

Roasted Fingerling Potatoes (GF/DF)

Kale Gratin (D)

Steamed Parsnips

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Honey Pie (D)

Mixed Fruit

DAILY SPECIALS

Saturday, March 15, 2025 ~ 12 Credits

SOUPS

Tomato Florentine with Pasta (D)

Creamy Carrot and Coriander (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Lamb Moussaka (D) ♦

Eggplant, lamb, tomato, and bechamel sauce.

Sole Oreganata (GF/D) †♦

Sole, sauteed onions, basil, and oregano.

Vegan Moussaka (GF/DF/OF/VE)

Lentils, tomato sauce, oregano, eggplant,
vegan bechamel sauce, and Rice-Chex.

SIDES

Garlic and Herb Quinoa (GF/DF/OF)

Stewed Cauliflower (GF/DF)

Steamed Broccoli

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Honey Pie (D)

Mixed Fruit