

DAILY SPECIALS

Monday, March 10, 2025

8 Credits

Soup

Lentil and Spanish Chorizo (GF/DF)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Lomo Saltado Sandwich (DF)

Marinated beef, onions, tomatoes,
French fries, hoagie bun, and cilantro

Vegan Lomo Saltado Sandwich (DF/VE)

Marinated tempeh, onions, tomatoes,
French fries, hoagie bun, and cilantro.

DESSERTS

Brown Sugar Cookies (D)

WATERFALLS

Lunch

Winter 2025

DAILY SPECIALS

Tuesday, March 11, 2025

8 Credits

Soup

Beef and Vegetable (GF/DF) ↓

Asparagus and Edamame (GF/DF/OF/VE) ♦↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Pollo Asado Tacos (D)

Marinated chicken thighs, tortillas, cheddar cheese, lettuce, tomatoes, and salsa and sour cream on the side.

Soy Curl Asado Tacos (D/VG)

Seasoned soy curls, tortillas, cheddar cheese, lettuce, tomatoes, and salsa and sour cream on the side.

DESSERTS

Brown Sugar Cookies (D)

WATERFALLS

Lunch

Winter 2025

DAILY SPECIALS

Wednesday, March 12, 2025

8 Credits

Soup

Turkey Noodle (DF) ↓

Potato and Kale (GF/DF/OF/VE) ♦↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Japanese Pepper Steak (GF/DF/A)

Beef, red pepper, green peppers, bamboo shoots, ginger root, sake, stir-fry sauce, and jasmine rice.

Japanese Pepper Soy Curl (GF/DF/VE/A)

Soy curls, red peppers, green peppers, bamboo shoots, ginger root, sake, stir-fry sauce, and jasmine rice.

DESSERTS

Lemon Raspberry Bar (D)

WATERFALLS

Lunch

Winter 2025

DAILY SPECIALS

Thursday, March 13, 2025

8 Credits

Soup

Five-Spice Chicken Noodle (DF/A) ↓

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Sweet and Sour Meatballs (DF)

Beef, pork, ginger, egg, panko, soy sauce, garlic, brown sugar, pineapple, bell peppers, jasmine rice, and steamed cabbage.

Vegan Sweet and Sour "Meatballs" (GF/DF/OF/VE)

Tofu, soy sauce, garlic, brown sugar, pineapple, bell peppers, jasmine rice, and steamed cabbage..

DESSERTS

Lemon Raspberry Bar (D)

WATERFALLS

Lunch

Winter 2025

DAILY SPECIALS

Friday, March 14, 2025

8 Credits

Soup

Smoked Salmon Chowder (GF/D)

Sweet Potato (GF/DF/OF/VE) ↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chinese Chicken Salad (GF/DF)

Chicken, cabbage, bok choy, snow peas,
cilantro, sesame oil, and vinegar.

Chinese Tofu Salad (GF/DF/VE)

Baked tofu, cabbage, bok choy, snow peas,
cilantro, sesame oil, and vinegar.

DESSERTS

M&M Blondies (D/Nuts)

WATERFALLS

Lunch

Winter 2025

DAILY SPECIALS

Saturday, March 15, 2025

8 Credits

Soup

Tomato Florentine with Pasta (D)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Strips and Waffle Fries (DF)

Fried chicken tenders, waffle fries, and side of dressing.

Vegan Chik'n Tenders and Waffle Fries (DF/VE)

Vegan chik'n tenders, golden waffle fries, and side of dressing.

DESSERTS

M&M Blondies (D/Nuts)