

Dinner

WATERFALLS

DAILY SPECIALS

Monday, April 14, 2025 ~ 12 Credits

SOUPS & STARTERS

Cock-a-Leekie (GF/D) ♦

Kale and White Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Ranchero Style Shrimp (GF/D) ♦

Shrimp, paprika, garlic, butter, onions, lime, and cilantro.

Carne Asada (GF/DF) ♦

Flank steak, lime, orange, cilantro, garlic, and cumin.

Ranchero Style Soy Curls (GF/DF/OF/VE) ▼

Soy curls, paprika, garlic, onions, tomatoes, lime, and cilantro.

SIDES

Arroz Amarillo (GF/DF)

Stewed Summer Squash (GF/DF)

Steamed Cauliflower

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Choocolate Mint Cookie Pie (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Tuesday, April 15, 2025 ~ 12 Credits

SOUPS & STARTERS

Polenta with Kale and Parmesan (GF/D/VG/A) ↓

Mushroom Barley (DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Pork Chops with Buttermilk Gravy (D) ◆

Pork chops, flour, garlic, shallots, buttermilk, and cream.

Butter Crumb Baked Cod (D) ◆

Cod, butter, and Ritz crackers.

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

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

SIDES

Scalloped Potatoes (GF/D)

Succotash (GF/D)

Steamed Asparagus

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Mint Cookie Pie (D)

Mixed Fruit

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

(DF) Dairy Free • (A) Contains Alcohol • (OF) Oil-Free • (◆) Low Carb • (▼) Low Sodium • (↓) Low Fat

Dinner

WATERFALLS

DAILY SPECIALS

Wednesday, April 16, 2025 ~ 12 Credits

SOUPS & STARTERS

Creamy Potato and Bacon (D)

Greek Spinach (GF/DF/OF/VE) ♦▼

Garden Salad Bar

ENTREES

Garam Masala Chicken with Cilantro & Scallion Chutney (GF/DF/A) ♦

Chicken thighs, cilantro, onions, ginger, coriander, and lemon.

Pork Vindaloo (GF/DF) ♦

Pork, cumin, peppercorns, cardamom, mustard, onions, ginger, garlic, coriander, and turmeric.

Garam Masala Tempeh with Cilantro & Scallion Chutney (GF/DF/VE) ▼♦

Tempeh, cilantro, peppercorns, cardamom, onions, ginger, garlic, coriander, and turmeric.

Note: Oil Free without the chutney

SIDES

Coriander and Cardamom Spiced Rice (GF/DF)

Stewed Okra (GF/D)

Steamed Carrots

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Red Velvet Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Thursday, April 17, 2025 ~ 12 Credits

SOUPS

Chicken and Dumpling (D)

Hungarian Mushroom (D/VG/A)

Garden Salad Bar

ENTREES

Balsamic Basil Marinated Flank Steak (GF/DF)

Flank steak, balsamic, and basil.

Braised Leek Poached Salmon (GF/D)

Salmon, leeks, garlic, tarragon, lemon, butter, and stock.

Eggplant Involtini (GF/DF/OF/VE/Nuts)

Eggplant, tofu, cashew cheese, Rice-Chex, basil, and tomato sauce.

SIDES

Parmesan and Black Pepper Rice Pilaf (GF/D)

Herb Roasted Tomatoes (GF/D)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Red Velvet Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Friday, April 18, 2025 ~ 12 Credits

SOUPS & STARTERS

New England Clam Chowder (D)

Mediterranean Split Pea (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Cuban Mojo Chicken (GF/DF) ♦

Chicken, garlic, mint, cilantro, citrus juice, oregano, and cumin.

Cuban Pork Roast (GF/DF) ♦

Pork roast, citrus juice, onions, and cilantro.

Vegan Picadillo (GF/DF/VE) ↓

Onions, capers, olives, oregano, cumin, Impossible beef, fire-roasted tomatoes, and mushrooms.

SIDES

Cuban Black Beans (GF/DF)

Kale Callaloo (GF/D)

Steamed Zucchini and Yellow Squash

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Marionberry Cheesecake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Saturday, April 19, 2025 ~ 12 Credits

SOUPS & STARTERS

Minestrone (D) ↓

Tomato Florentine (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Lemon and Garlic Baked Sole (GF/DF) ♦

Lemon, garlic, and sole.

Beef Shepherd's Pie (D/A)

Beef, onions, carrots, celery, garlic, red wine, chicken broth, thyme, rosemary, bay leaf, flour, peas, butter, and mashed potatoes.

Vegan Mushroom's Shepherd's Pie (GF/DF/VE/A) ↓

Onions, carrots, celery, garlic, mushrooms, thyme, rosemary, red wine, peas, rice flour, nutritional yeast, and vegan mashed potatoes.

SIDES

Wild Rice Pilaf (GF/DF)

Creamed Corn (GF/D)

Steamed Broccoli

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Marionberry Cheesecake (D)

Mixed Fruit