

Dinner

WATERFALLS

DAILY SPECIALS

Monday, April 28, 2025 ~ 12 Credits

SOUPS & STARTERS

Kielbasa and Cabbage (GF/DF) ♦

Golden Potato (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken and Mushroom Marsala (D/A)

Chicken thighs, flour, onions, mushrooms, wine, and thyme.

Roasted Shrimp in Tomato Cream (GF/D/A)

Shrimp, garlic, butter, shallots, wine, tomatoes, and cream.

Fried Eggplant Marsala (GF/DF/VE/A)

Eggplant, rice flour, corn starch, Rice-Chex, nutritional yeast, vegan butter, mushrooms, oat milk, and wine.

SIDES

Egg Noodles (DF)

Glazed Rainbow Carrots (GF/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

Italian Lemon Cream Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Tuesday, April 29, 2025 ~ 12 Credits

SOUPS & STARTERS

Beef Noodle (DF)

Spring Vegetable and Miso (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Dijon and Herb Braised Chicken (DF/A)

Chicken thighs, yellow, garlic, wine, and Dijon.

London Broil (GF/D)

Top sirloin, shallots, Worcestershire, mushrooms, carrots, and butter.

Tempeh London Broil (GF/DF/VE)

Marinated tempeh, Worcestershire, shallots, ginger, mushrooms, and leeks.

SIDES

Boursin Mashed Potatoes (GF/D)

Herb Roasted Vegetables (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

Italian Lemon Cream Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Wednesday, April 30, 2025 ~ 12 Credits

SOUPS & STARTERS

Chicken Artichoke (GF/D)

Spanish Vegetable (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Sweet and Sour Meatballs (DF)

Ground beef, pork, ginger, egg, panko, soy sauce, garlic, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

Maple and Soy Glazed Cod (GF/DF)

Cod, maple syrup, Dijon, and soy sauce.

Sweet and Sour Tofu (GF/DF/OF/VE)

Tofu, soy sauce, garlic, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

SIDES

Jasmine Rice (GF/DF/OF)

Ginger Garlic Green Beans (GF/DF)

Steamed Broccoli

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Dulce de Leche Cheesecake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Thursday, May 1, 2025 ~ 12 Credits

SOUPS

German Goulash (D) 3/5

Borscht (GF/DF/OF/VE) ♦↓ 3/5

Note: Dairy Optional

Garden Salad Bar

ENTREES

Coq au Vin (D/A) 6

Chicken thighs, burgundy, cognac, onions, carrots, bacon mushrooms, tomato paste, and pearl onions.

Lemon Tarragon Glazed Rockfish (GF/D) 6

Rockfish, butter, shallots, lemon, thyme and tarragon.

Vegan Coq au Vin (GF/DF/OF/VE/A) 6

Mushrooms, potatoes, red wine, pearl onions, thyme, garlic and vegetable stock.

SIDES

Roasted Fingerling Potatoes (GF/D)

Roasted Asparagus (GF/D)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Dulce de Leche Cheesecake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Friday, May 2, 2025 ~ 12 Credits

SOUPS & STARTERS

Smoked Salmon Chowder (D)

Carrot and Ginger (GF/DF/OF/VE) ♦

Garden Salad Bar

ENTREES

Turkey Fricassee (D) ♦

Turkey, butter, onions, celery, carrots, peas, and heavy cream.

Pork Roast with Apples, Garlic, and Thyme (GF/DF)

Pork roast with apples, onions, garlic, thyme, rosemary, bay leaf and cinnamon.

Soy Curl Fricassee (GF/DF/OF/VE)

Soy curls, onions, celery, carrots, peas, and coconut milk.

with Vegan Mashed Potatoes (GF/DF/VE)

Potatoes, plant-based butter, and soy milk.

SIDES

Roasted Garlic Mashed Potatoes (GF/D)

Braised Swiss Chard (GF/DF/A)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Marionberry Lavender Pie (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Saturday, May 3, 2025 ~ 12 Credits

SOUPS & STARTERS

Split Pea and Ham (GF/D)

Tomato Basil Bisque (GF/D/OF/VG)

Garden Salad Bar

ENTREES

Braised Moroccan Chicken (GF/DF)

Chicken thighs, onion, carrots, garlic, ginger, coriander, cumin, turmeric, bay leaves, cinnamon, chicken broth, raisins, and parsley.

Duqqa Beef Medallions with Mango Chutney (GF/DF/Nuts)

Beef medallions, pistachio, almonds, sesame seeds, fennel and mango chutney.

Vegan Chickpea and Cauliflower Curry (GF/DF/OF/VE/Nuts)

Potatoes, cauliflower, curry spice, vegetable base, garbanzo beans, tomato, and cashew cream.

SIDES

Carrot and Coriander Rice Pilaf (GF/DF)

Spiced Roasted Cauliflower (GF/DF)

Steamed Swiss Chard

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Marionberry Lavender 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