

Dinner

WATERFALLS

Spring 2025

DAILY SPECIALS

Monday, April 7, 2025 ~ 12 Credits

SOUPS & STARTERS

African Peanut (GF/DF/OF/VE/Nuts)

Black-Eyed Pea (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Roasted Pork Loin with Apricot and Rosemary Sauce (GF/D/A) ♦

Pork loin, shallots, apricots, rosemary, and white wine.

Beef Medallions with Roasted Tomato Chimichurri (GF/DF)

Beef medallions, tomatoes, red peppers, cilantro,
garlic, shallots, oregano, and paprika.

Cauliflower Steaks with Roasted Tomato Chimichurri (GF/DF/OF/VE)

Cauliflower steaks, tomatoes, red peppers, and cilantro.

SIDES

Garlic and Herb Quinoa (GF/DF)

Roasted Broccoli (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

Cookies and Cream Cream 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 Spring 2025

DAILY SPECIALS

Tuesday, April 8, 2025 ~ 12 Credits

SOUPS & STARTERS

Chicken Tortilla (GF/D)

Creole Okra and Corn (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Andouille Stuffed Bell Peppers (GF/DF)

Andouille sausage, green peppers, brown rice, onions, garlic, thyme, tomatoes, and kale.

Cajun Meatloaf (D)

Ground beef, breadcrumbs, oregano, basil, milk, celery, onions, green peppers, egg, ketchup, and Worcestershire.

Vegan Cajun Tofu Stuffed Bell Peppers (GF/DF/OF/VE)

Tamari, tofu, lime, Cajun seasoning, green peppers, brown rice, quinoa, onions, garlic, thyme, tomatoes, and kale.

SIDES

Herb Roasted New Potatoes (GF/DF)

Herb Buttered Corn (GF/D)

Steamed Lima Beans

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Cookies and Cream Pie (D)

Mixed Fruit

Dinner

WATERFALLS

Spring 2025

DAILY SPECIALS

Wednesday, April 9, 2025 ~ 12 Credits

SOUPS & STARTERS

Broccoli Cheddar (D)

Sweet Potato Chowder (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Bacon and Mushroom Braised Chicken Thighs (GF/D/A) ♦

Chicken thighs, celery, onions, carrots,
mushrooms, wine, cream, and bacon.

Sole Amandine (D/Nuts)

Sole, almonds, panko, parmesan, butter, lemons, and paprika.

Lentil and Vegetable Loaf with Tomato Relish (GF/DF/OF/VE) ↓

Lentils, flax seeds, garlic, onions, sorghum flour, maple syrup, and oats.

SIDES

French Onion Mashed Potatoes (GF/D)

Green Bean Amandine (GF/D/Nuts)

Steamed Broccoli

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Chip Cookie Mousse Cake (D)

Mixed Fruit

Dinner

WATERFALLS Spring 2025

DAILY SPECIALS

Thursday, April 10, 2025 ~ 12 Credits

SOUPS

Beef Barley (DF) ↓

Asparagus and Brie (D/VG)

Garden Salad Bar

ENTREES

Lemongrass Braised Pork (GF/DF/A)

Pork, onions, carrots, ginger, lemongrass, brown sugar, soy sauce, Mae Ploy, sesame oil, mirin, fish sauce, and chicken broth.

Firecracker Shrimp (GF/DF/A) ♦

Shrimp, lime, soy sauce, Sambal Oelek, mirin, and cilantro.

Tofu with Fermented Black Bean Sauce (GF/DF/OF/VE/A)

Tofu, maple syrup, black beans, garlic, soy sauce, and green onions.

SIDES

Scallion Rice Pilaf (GF/DF)

Sesame Miso Roasted Bok Choy (GF/DF)

Steamed Cabbage

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Chip Cookie Mousse Cake (D)

Mixed Fruit

Dinner

WATERFALLS

Spring 2025

DAILY SPECIALS

Friday, April 11, 2025 ~ 12 Credits

SOUPS & STARTERS

Smoked Salmon Chowder (D)

Roasted Garlic and Swiss Chard (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Honey Dijon Glazed Chicken Thighs (GF/DF)

Chicken thighs, honey, orange juice, and Dijon.

Grilled Salmon with Lemon Sesame Sauce (GF/DF)

Salmon, lemon, shallots, honey, and sesame oil.

Vegan Spinach and Leek Pie (DF/VE) ↓

Onions, leeks, green onions, dill, parsley, nutritional yeast, vegetable stock, fresh spinach, and phyllo dough.

SIDES

Rosemary Roasted Sweet Potatoes (GF/DF)

Roasted Cauliflower (GF/DF)

Steamed Carrots and Parsnips

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Ginger Caramel Pie (D)

Mixed Fruit

Dinner

WATERFALLS Spring 2025

DAILY SPECIALS

Saturday, April 12, 2025 ~ 12 Credits

SOUPS & STARTERS

Chicken and Wild Rice (D)

Roasted Tomato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Goan Shrimp (GF/DF)

Shrimp, red chili flakes, onions, ginger, garlic, coriander, turmeric, tomatoes, curry, coconut milk, and cilantro.

Lamb Keema Curry (GF/D)

Lamb, onions, ginger, butter, cumin, garam masala, coconut milk, tomatoes, and cilantro. With side of naan bread (contains gluten).

Eggplant and Tofu Bhurtha (GF/DF/VE)

Eggplant, tofu, onions, ginger, tomatoes, garlic, turmeric, cumin, coriander, black pepper, cayenne, coconut milk, oat milk, and cilantro.

SIDES

Turmeric Rice Pilaf (GF/DF)

Moroccan Stewed Zucchini (GF/DF)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Ginger Caramel Pie (D)

Mixed Fruit

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