

Lunch

WATERFALLS

DAILY SPECIALS

Monday, April 14, 2025

8 Credits

Soup

Cock-a-Leekie (GF/D) ♦

Kale and White Bean (GF/DF/OF/VE/A) ↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Parmesan Sandwich (D)

Chicken breast, parmesan, breadcrumbs, tomato sauce, mozzarella cheese, and ciabatta roll.

Eggplant Parmesan Sandwich (D/VG)

Eggplant, breadcrumbs, tomato sauce, mozzarella, and ciabatta roll.

DESSERTS

Double Chocolate Chip Chunk Muffin (D)

Lunch

WATERFALLS

DAILY SPECIALS

Tuesday, April 15, 2025

8 Credits

Soup

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

Mushroom Barley (DF/OF/VE) ▼↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Ground Beef Tacos (D)

Beef, lime juice, cumin, onion, bell peppers, tomatoes, served in a soft flour tortilla, with sour cream, salsa, cheese and guacamole on the side.

Served with Ranchero beans and Spanish rice.

Impossible Soft Tacos (D/VG)

Impossible beef, lime juice, cumin, onion, bell peppers, tomatoes, served in a soft flour tortilla, with sour cream, salsa, cheese and guacamole on the side. Served with ranchero beans, and Spanish Rice.

DESSERTS

Double Chocolate Chip Chunk Muffins (D)

Lunch

WATERFALLS

DAILY SPECIALS

Wednesday, April 16, 2025

8 Credits

Soup

Creamy Potato and Bacon (D)

Greek Spinach (GF/DF/OF/VE) ♦▼

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Crispy Egg Noodles and Chicken Stir-Fry (DF)

Chicken breasts, cauliflower, green onions, carrots, mushrooms, bamboo shoots, egg noodles, and stir-fry sauce.

Crispy Egg Noodles and Soy Curl Stir-Fry (DF/VE)

Soy curls, cauliflower, green onions, carrots, mushrooms, bamboo shoots, egg noodles, and stir-fry sauce.

DESSERTS

Chai Blondie (D)

Lunch

WATERFALLS

DAILY SPECIALS

Thursday, April 17, 2025

8 Credits

Soup

Chicken and Dumpling (D)

Hungarian Mushroom (D/VG/A)

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Pimento and Bacon Macaroni and Cheese (D)

Macaroni, bacon, pimento cheese, cheddar cheese, Gruyere, parmesan, bechamel sauce, and chives.

Vegan Pimento Macaroni and Cheese (GF/DF/VE)

Vegan bechamel sauce, oat milk, vegetable stock, rice flour, nutritional yeast, nutmeg, miso, vegan bacon, and pimento.

DESSERTS

Chai Blondie (D)

Lunch

WATERFALLS

DAILY SPECIALS

Friday, April 18, 2025

8 Credits

Soup

New England Clam Chowder (D)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Citrus Roasted Shrimp and Avocado Salad (GF/DF/Nuts)

Citrus zest, shrimp, lemon, avocado, shallots, mixed greens,
lemon and dill vinaigrette, and toasted almonds.

Roasted Tofu and Avocado Salad (GF/DF/VE/Nuts)

Citrus zest, tofu, lemon, avocado, shallots, mixed greens, lemon
and dill vinaigrette, and toasted almonds.

DESSERTS

Brown Sugar Cookie (D)

Lunch

WATERFALLS

DAILY SPECIALS

Saturday, April 19, 2025

8 Credits

Soup

Minestrone (D) ↓

Tomato Florentine (GF/DF/OF/VE)

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Open-Faced Roast Beef Sandwich (D)

Sliced beef and onions, served with mashed potatoes on lightly toasted bread.

Note: Gluten Free bread available.

Open-Faced Portobello Mushroom Sandwich (DF/VE/A)

Portobello mushrooms, garlic, white wine, sage, thyme, vegan mashed potatoes, vegan butter, soy milk, lightly toasted bread.

Note: Gluten Free bread available.

DESSERTS

Brown Sugar Cookie (D)