

Dinner

WATERFALLS

DAILY SPECIALS

Monday, May 19, 2025 ~ 12 Credits

SOUPS & STARTERS

Okra, Tomato and Corn Bisque (D)

Creamy Chickpeas (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Pork Tenderloin with Honey Garlic Sauce (GF/D)

Pork tenderloin, ginger, sesame oil, honey, and garlic.

Bourbon Roasted Chicken (GF/DF/A/)

Chicken breast, whiskey, mustard, brown sugar, honey, sriracha, onions, and apples.

Spinach and Walnut Stuffed Portobellos (GF/DF/OF/VE/Nuts)

Portobello mushrooms, spinach, yellow onions, walnuts, garlic, and balsamic vinegar.

SIDES

Mashed Potatoes (GF/D)

Roasted Brussels Sprouts (GF/DF)

Steamed Chard

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Boston 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

DAILY SPECIALS

Tuesday, May 20, 2025 ~ 12 Credits

SOUPS & STARTERS

Lentil and Spanish Chorizo (GF/DF)

White Bean and Escarole (GF/DF/OF/VE/A) ▼↓

Garden Salad Bar

ENTREES

Beef Curry (GF/DF)

Beef, onions, tomatoes, coconut milk, and cilantro.

Thai Shrimp Curry (GF/DF)

Lemongrass, cilantro, lime, coconut milk, tomatoes, garlic, ginger, shallots, curry, and shrimp.

Squash Curry (GF/DF/OF/VE)

Delicata squash, butternut squash, carrots, red peppers, cherry tomatoes, chickpeas, orange, garlic, coconut milk, soy, brown sugar, lime, and Thai basil.

SIDES

Basmati Rice (GF/DF/OF)

Spiced Roasted Cauliflower (GF/DF)

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Boston Cream Pie (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Wednesday, May 21, 2025 ~ 12 Credits

SOUPS & STARTERS

Cream of Turkey (D)

Colcannon (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Grilled Chicken Alfredo (D)

Chicken breast, broccoli, bechamel, milk, and cheese.

Ragu Bolognese (GF/D/A)

Olive oil, butter, garlic, onions, carrots, celery, beef, pork, veal, milk, white wine, tomatoes, and nutmeg.

Vegan Lentil Bolognese (GF/DF/OF/VE/A)

Lentil, broth, carrot, onions, celery, garlic, mushrooms, oregano, tomatoes, red wine, and basil.

SIDES

Penne Pasta (DF) or Gluten-Free Penne Pasta (GF/DF)

Roasted Asparagus (GF/DF)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Tiramisu (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Thursday, May 22, 2025 ~ 12 Credits

SOUPS

Beef and Vegetable (GF/DF) ↓

Cabbage and Apple (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Steamed Cod over Napa Cabbage (GF/DF)

Cod, napa cabbage, celery, red peppers, ginger, garlic, soy sauce, and gojuchang.

Vietnamese Caramel Pork (GF/DF)

Pork shoulder, shallots, ginger, brown sugar, fish sauce, chili sauce, and green onions.

Sesame Ginger Grilled Portobello Mushrooms (GF/DF/VE) ◆

Mushrooms, soy sauce, vinegar, sesame oil, sambal oolek, ginger, and scallions.

SIDES

Jasmine Rice (GF/DF/OF)

Sesame Garlic Roasted Green Beans (GF/DF)

Steamed Snap Peas

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Tiramisu (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

Friday, May 23, 2025 ~ 12 Credits

SOUPS & STARTERS

New England Clam Chowder (D)

Wild Mushroom (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Steak Tips with Caramelized Onions (GF/D)

Steak, butter, and onions.

Lemon and Herb Baked Salmon (GF/DF)

Salmon, dill, lemon, and parsley.

Tempeh Stew (GF/DF/OF/VE)

Tempeh, onions, celery, carrots, garlic, tomato paste, and potatoes.

SIDES

Twice-Baked Potatoes with Bacon (GF/D)

Broccoli Amandine (GF/D/Nuts)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chess Pie (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Saturday, May 24, 2025 ~ 12 Credits

SOUPS & STARTERS

Ultimate Baked Potato (D)

Thai Coconut Tomato (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Honey and Orange Glazed Chicken (GF/D) ♦

Chicken thighs, butter, garlic, ginger, orange, honey, and zest.

Mediterranean Braised Lamb (GF/DF/A)

Lamb, onions, garlic, carrots, mushrooms, squash, thyme, rosemary, red wine, stock, tomatoes, and parsley.

Roasted Cauliflower with Romesco (GF/DF/OF/VE/Nuts)

Roasted cauliflower steaks, red peppers, tomatoes, garlic, zucchini puree, and almonds.

SIDES

Quinoa Pilaf (GF/DF/OF)

Herb Roasted Nightshades (GF/DF)

Steamed Asparagus

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chess Pie (D)

Mixed Fruit