

Dinner

WATERFALLS

DAILY SPECIALS

Monday, May 5, 2025 ~ 12 Credits

SOUPS & STARTERS

White Bean and Italian Sausage (GF/DF)

Tuscan Chickpea (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Grilled Chicken Fajitas (D)

Marinated chicken thighs, red and green peppers, onions, cilantro, lime, flour tortillas, and optional side of sour cream and salsa

Lamb Barbacoa (GF/DF) ♦

Lamb, onion, peppers, garlic, chili powder, oregano, and apple cider vinegar.

Black Bean and Rice Stuffed Peppers (GF/D/VG) ↓

Green peppers, rice, onions, black beans, cumin and cheese.

SIDES

Cilantro Lime Rice (GF/DF/OF)

Lima Bean and Hominy Sauté (GF/DF)

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

Creme Brulee Cheesecake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Tuesday, May 6, 2025 ~ 12 Credits

SOUPS & STARTERS

Navy Bean and Ham (GF/DF) ↓

Roasted Red Pepper and Corn (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Salmon with Tomato Cream Sauce (GF/D/A) ♦

Salmon, butter, shallots, garlic, white wine, tomatoes, kale, cream, parmesan, and thyme

Tuscan Grilled Flank Steak with Chimichurri (GF/DF) ♦

Flank steak, lime, garlic, shallots, oregano, and lemon.

Tuscan Grilled Tempeh with Chimichurri (GF/DF/OF/VE) ↓▼

Tempeh, lime, garlic, shallots, oregano, and lemon.

SIDES

Parmesan and Black Pepper Rice Pilaf (GF/D)

Roasted Cauliflower with Pine Nuts and Parmesan (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

Creme Brulee Cheesecake (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, May 7, 2025 ~ 12 Credits

SOUPS & STARTERS

Turkey and Wild Rice (GF/D) ♦

Cashew Pea (GF/DF/OF/VE/Nuts) ▼

Garden Salad Bar

ENTREES

Greek Roasted Chicken (GF/D) ♦

Chicken thighs, garlic, Greek yogurt, and oregano.

Moroccan Style Baked Cod (GF/DF) ▼▼

Cod, garlic, tomato, red peppers, chickpeas, cilantro, paprika, and lemon.

Quinoa Tabouli Stuffed Tomatoes (GF/DF/OF/VE) ▼

Quinoa, parsley, mint, chopped tomatoes, and lemon.

SIDES

Spiced Couscous (DF)

Orange and Tahini Glazed Beets (GF/DF)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Lemonade Layer Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Thursday, May 8, 2025 ~ 12 Credits

SOUPS

Chicken Tikka Masala (GF/DF) ▼

Mulligatawny (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Mushroom Braised Pork Chops (D/A) ♦

Bone-in pork chops, flour, salt, pepper, garlic powder, onion powder, shallots, mushrooms, white wine, stock, cream, thyme, and bay leaf.

Beef Bourguignon (DF/A) ♦

Chuck beef, bacon, onions, marinara sauce, red wine, and mushrooms.

Vegan Bourguignon (GF/DF/OF/VE/A) ♦↓

Mushrooms, tofu, red wine, mushroom broth, carrots, and onions.

SIDES

Roasted Fingerling Potatoes (GF/DF)

Roasted Broccoli (GF/DF)

Steamed Swiss Chard

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Lemonade Layer Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Friday, May 9, 2025 ~ 12 Credits

SOUPS & STARTERS

New England Clam Chowder (D)

Spanish Red Bean and Kale (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Teriyaki Chicken (GF/DF) ♦

Chicken thighs, brown sugar, soy sauce,
rice vinegar, sesame oil, ginger, and garlic.

Cilantro Citrus Shrimp (GF/DF) ♦

Shrimp, lime juice, orange juice, lime zest, cilantro and olive oil.

Vegan Sticky Tofu (GF/DF/OF/VE)

Tofu, rice vinegar, sugar, tomato paste, soy sauce,
cornstarch, and sesame seeds.

SIDES

Scallion Rice Pilaf (GF/DF)

Sesame Cabbage Slaw (DF/A)

Steamed Zucchini and Yellow Squash

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Blueberry Pie (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Saturday, May 10, 2025 ~ 12 Credits

SOUPS & STARTERS

Chicken and Dumpling Soup (D)

Zesty Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Chicken Fricassee (D)

Chicken, butter, onions, carrots, peas, and heavy cream.

Yankee Pot Roast (GF/DF/A) ♦

Chuck roast, onions, carrots, paprika, and red wine.

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

Soy curls, onions, celery, carrots, vegetable stock, peas, coconut milk and cornstarch.

With Vegan Mashed Potatoes (GF/DF/VE)

Potatoes, plant-based butter, and soy milk.

SIDES

Mashed Potatoes (GF/D)

Kale Gratin (D)

Steamed Peas

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Blueberry Pie (D)

Mixed Fruit

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

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