

Dinner

WATERFALLS

DAILY SPECIALS

Monday, May 12, 2025 ~ 12 Credits

SOUPS & STARTERS

Zuppa Toscana (D)

Tuscan Vegetable (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

BBQ Roasted Shrimp (GF/DF) ♦

Shrimp, ketchup, brown sugar, lemon juice, chili powder, tabasco, and cumin.

Grilled Flank Steak with Gorgonzola Cream Sauce (GF/D) ♦▼

Grilled flank steak, butter, garlic, rosemary, cream, lemon, and gorgonzola.

Vegan BBQ Lentil Meatballs (GF/DF/VE) ↓

Flax seeds, basil, olive oil, Worcestershire, onion, bbq sauce, mushrooms, garlic powder, cilantro, oats, brown rice, and green lentils.

SIDES

Garlic and Herb Brown Rice (GF/DF/OF) 1

Creamed Spinach (D) 1

Steamed Broccoli 1

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Strawberry Cream Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Tuesday, May 13, 2025 ~ 12 Credits

SOUPS & STARTERS

Cajun Shrimp and Corn Chowder (D)

Roasted Corn Chowder (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Creole Braised Beef (GF/DF) ♦

Chuck roast, onion, celery, peppers, garlic, Cajun spices, creole seasoning, paprika, garlic powder, oregano, thyme, and tomatoes.

Cajun Roasted Salmon (GF/DF) ♦

Salmon, paprika, oregano, thyme, brown sugar, and cayenne.

Chickpea and Okra Stew & Jasmine Rice (GF/DF/OF/VE) ↓

Chickpeas, tomatoes, paprika, onions, garlic, green peppers, celery, and okra.

SIDES

Herb Roasted Red Potato Wedges (GF/DF)

Smothered Green Beans and Bacon (GF/DF)

Steamed Corn 1

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Strawberry Cream Cake (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 14, 2025 ~ 12 Credits

SOUPS & STARTERS

Cream of Mushroom (D)

Creamy Asparagus (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Asian Glazed Pork Tenderloin (GF/DF/A) ♦↓

Molasses, ketchup, five spice, sesame oil, ginger, sherry, hoisin, apricot puree, and soy sauce.

Miso and Yuzu Glazed Glazed Cod (GF/DF/A) ♦↓

Yuzu, sesame oil, cod, green onions, garlic, mirin and miso.

Mapo Tofu (GF/DF/OF/VE/A) ♦

Tofu, mushrooms, ginger, black beans, miso, chili powder, and wine.

SIDES

Jasmine Rice (GF/DF/OF)

Miso Roasted Carrots (GF/D)

Steamed Cabbage

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Triple Chocolate Tiger Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Thursday, May 15, 2025 ~ 12 Credits

SOUPS

Sweet Onion and Pancetta (D)

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

Garden Salad Bar

ENTREES

Garlic Pepper Pork Loin (GF/DF) ♦

Pork loin, garlic, and pepper.

Herb Baked Sole (GF/D) ♦

Sole, butter, garlic, parsley, dill, garlic, and onion.

White Bean Stuffed Portobellos (GF/DF/OF/VE) ↓

Portobello mushrooms, white beans, onions, leeks, celery, garlic, turmeric, kale, spinach, artichoke hearts, and tomatoes.

SIDES

Pine-Nut and Basil Rice Pilaf (GF/DF/OF/VE/Nuts)

Roasted Cauliflower (GF/DF)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Triple Chocolate Tiger Cake (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Friday, May 16, 2025 ~ 12 Credits

SOUPS & STARTERS

Manhattan Clam Chowder (GF/D) ♦↓

Vegetable Quinoa (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Creamy Lemon Pepper Chicken (GF/D) ♦

Chicken breasts, parmesan, parsley, garlic, butter, and heavy cream.

Cider Braised Pork (GF/DF) ♦

Pork shoulder, apple cider, cinnamon, garlic, apples, and onions. .

Roasted Cauliflower Steaks with Mushroom Gravy (GF/DF/OF/VE) ↓

Cauliflower steaks, shallots, garlic, thyme, mushrooms, brown rice flour, and nutritional yeast.

SIDES

Sour Cream and Chive Mashed Potatoes (GF/D)

Roasted Brussels Sprouts (GF/DF)

Steamed Carrots

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Peanut Butter Pie (D/Nuts)

Mixed Fruit

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Dinner

WATERFALLS

DAILY SPECIALS

Saturday, May 17, 2025 ~ 12 Credits

SOUPS & STARTERS

Creamy Tomato (GF/D/OF/VG)

Garden Vegetable (GF/DF/VE)

Garden Salad Bar

ENTREES

Sun-Dried Tomato and Caper Cod (D) ♦↓

Cod, butter, panko, sundried tomato, capers, parsley, and kalamata olives.

Middle Eastern Braised Lamb (GF/DF) ♦

Leg of lamb, cumin, coriander, turmeric, onion powder, cinnamon, and tomatoes.

Spiced Eggplant Stuffed Peppers (GF/DF/OF/VE) ↓

Eggplant, fire roasted tomatoes, cumin, garbanzo beans, garlic, onions, and bell peppers.

SIDES

Herbed Israeli Couscous (DF)

Green Beans with Toasted Hazelnuts (GF/DF/Nuts)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Peanut Butter Pie (D/Nuts)

Mixed Fruit

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