

Dinner

# WATERFALLS

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## DAILY SPECIALS

Monday, June 16, 2025 ~ 12 Credits

### SOUPS & STARTERS

Kielbasa and Cabbage (GF/DF) ♦

Golden Potato (GF/DF/OF/VE)

Garden Salad Bar

### ENTREES

Chicken and Mushroom Marsala (D/A)

Chicken thighs, flour, onions, mushrooms, wine, and thyme.

Roasted Shrimp in Tomato Cream (GF/D/A)

Shrimp, garlic, butter, shallots, wine, tomatoes, and cream.

Fried Eggplant Marsala (GF/DF/VE/A)

Eggplant, rice flour, corn starch, Rice-Chex, nutritional yeast, vegan butter, mushrooms, oat milk, and wine.

### SIDES

Egg Noodles (DF)

Glazed Rainbow Carrots (GF/D)

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

Italian Lemon Cream Cake (D)

Mixed Fruit

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(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

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## DAILY SPECIALS

Tuesday, June 17, 2025 ~ 12 Credits

### SOUPS & STARTERS

Beef Noodle (DF)

Spring Vegetable and Miso (GF/DF/OF/VE)

Garden Salad Bar

### ENTREES

Dijon and Herb Braised Chicken (DF/A)

Chicken thighs, yellow, garlic, wine, and Dijon.

London Broil (GF/D)

Top sirloin, shallots, Worcestershire, mushrooms, carrots, and butter.

Tempeh London Broil (GF/DF/VE)

Marinated tempeh, Worcestershire, shallots, ginger, mushrooms, and leeks.

### SIDES

Boursin Mashed Potatoes (GF/D)

Herb Roasted Vegetables (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

Italian Lemon Cream Cake (D)

Mixed Fruit

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## DAILY SPECIALS

Wednesday, June 18, 2025 ~ 12 Credits

### SOUPS & STARTERS

Chicken Artichoke (GF/D)

Spanish Vegetable (GF/DF/OF/VE)

Garden Salad Bar

### ENTREES

Sweet and Sour Meatballs (DF)

Ground beef, pork, ginger, egg, panko, soy sauce, garlic, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

Maple and Soy Glazed Cod (GF/DF)

Cod, maple syrup, Dijon, and soy sauce.

Sweet and Sour Tofu (GF/DF/OF/VE)

Tofu, soy sauce, garlic, Mae Ploy, vinegar, brown sugar, pineapple, and bell peppers.

### SIDES

Jasmine Rice (GF/DF/OF)

Ginger Garlic Green Beans (GF/DF)

Steamed Broccoli

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

### DESSERTS

Dulce de Leche Cheesecake (D)

Mixed Fruit

Dinner

# WATERFALLS

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## DAILY SPECIALS

Thursday, June 19, 2025 ~ 12 Credits

### SOUPS

German Goulash (D) 3/5

Borscht (GF/DF/OF/VE) ♦↓ 3/5

Note: Dairy Optional

Garden Salad Bar

### ENTREES

Coq au Vin (D/A) 6

Chicken thighs, burgundy, cognac, onions, carrots, bacon mushrooms, tomato paste, and pearl onions.

Lemon Tarragon Glazed Rockfish (GF/D) 6

Rockfish, butter, shallots, lemon, thyme and tarragon.

Vegan Coq au Vin (GF/DF/OF/VE/A) 6

Mushrooms, potatoes, red wine, pearl onions, thyme, garlic and vegetable stock.

### SIDES

Roasted Fingerling Potatoes (GF/D)

Roasted Asparagus (GF/D)

Steamed Brussels Sprouts

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

### DESSERTS

Dulce de Leche Cheesecake (D)

Mixed Fruit

Dinner

# WATERFALLS

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## DAILY SPECIALS

Friday, June 20, 2025 ~ 12 Credits

### SOUPS & STARTERS

**Smoked Salmon Chowder (D)**

**Carrot and Ginger (GF/DF/OF/VE) ♦**

**Garden Salad Bar**

### ENTREES

**Turkey Fricassee (D) ♦**

Turkey, butter, onions, celery, carrots, peas, and heavy cream.

**Pork Roast with Apples, Garlic, and Thyme (GF/DF)**

Pork roast with apples, onions, garlic, thyme, rosemary, bay leaf and cinnamon.

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

Soy curls, onions, celery, carrots, peas, and coconut milk.

**with Vegan Mashed Potatoes (GF/DF/VE)**

Potatoes, plant-based butter, and soy milk.

### SIDES

**Roasted Garlic Mashed Potatoes (GF/D)**

**Braised Swiss Chard (GF/DF/A)**

**Steamed Cauliflower**

**Brown Rice**

**Baked or Sweet Potato**

**Steamed Spinach or Carrots**

**Legume of the Day**

**Dinner Roll or Cornbread**

### DESSERTS

**Marionberry Lavender Pie (D)**

**Mixed Fruit**

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## DAILY SPECIALS

Saturday, June 21, 2025 ~ 12 Credits

### SOUPS & STARTERS

Split Pea and Ham (GF/D)

Tomato Basil Bisque (GF/D/OF/VG)

Garden Salad Bar

### ENTREES

**Braised Moroccan Chicken (GF/DF)**

Chicken thighs, onion, carrots, garlic, ginger, coriander, cumin, turmeric, bay leaves, cinnamon, chicken broth, raisins, and parsley.

**Duqqa Beef Medallions with Mango Chutney (GF/DF/Nuts)**

Beef medallions, pistachio, almonds, sesame seeds, fennel and mango chutney.

**Vegan Chickpea and Cauliflower Curry (GF/DF/OF/VE/Nuts)**

Potatoes, cauliflower, curry spice, vegetable base, garbanzo beans, tomato, and cashew cream.

### SIDES

**Carrot and Coriander Rice Pilaf (GF/DF)**

**Spiced Roasted Cauliflower (GF/DF)**

**Steamed Swiss Chard**

**Brown Rice**

**Baked or Sweet Potato**

**Steamed Spinach or Carrots**

**Legume of the Day**

**Dinner Roll or Cornbread**

### DESSERTS

**Marionberry Lavender Pie (D)**

**Mixed Fruit**

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