

Dinner

WATERFALLS

DAILY SPECIALS

Monday, June 9, 2025 ~ 12 Credits

SOUPS & STARTERS

Bacon and Butternut (D)

Three Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Thyme and Leek Braised Chicken Thighs (GF/D/A) ♦

Chicken thighs, onions, celery, carrots, garlic, white wine, cream, chicken stock, thyme, and bay leaves.

Honey Garlic Butter Shrimp (GF/D) ♦

Shrimp, honey, soy sauce, ginger, garlic, and butter.

Vegan Stuffed Zucchini (GF/DF/OF/VE) ↓

Zucchini, chickpeas, vegetable broth, garlic, roasted red peppers, artichoke hearts, thyme, and rosemary.

SIDES

Brown Rice Black Cherry Rice Pilaf (GF/DF/OF)

Broccoli Gratin (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

Rustic Triple Berry Tart (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Tuesday, June 10, 2025 ~ 12 Credits

SOUPS & STARTERS

Pozole and Chorizo (GF/D) ♦

Southwestern Squash (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Italian Style Beef Pot Roast (GF/DF) ♦

Beef, onions, carrots, garlic, paprika, garlic powder,
and fire-roasted tomatoes.

Cod with Garlic, Tomato, and Rosemary (GF/DF) ♦▼↓

Cod, rosemary, onions, tomatoes, and garlic.

Couscous Stuffed Portobello Mushrooms (DF/OF/VE) ↓

Mushrooms, shallots, artichoke, red peppers, thyme, and couscous.

SIDES

Garlic Roasted Potato Wedges (GF/DF)

Roasted Cauliflower with Pine-Nuts and Parmesan (GF/D/Nuts)

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Rustic Triple Berry Tart (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, June 11, 2025 ~ 12 Credits

SOUPS & STARTERS

Potato and Ham (D)

Vegetable Cabbage (GF/DF/OF/VE) ♦▼↓

Garden Salad Bar

ENTREES

Pork Chile Verde (D) ♦

Pork shoulder, onions, garlic, cumin, poblano, jalapeno, tomatillos, and cilantro. Served with warm tortillas, and sour cream on the side.

Beef Chile Colorado (DF) ♦

Guajillo chilies, ancho chiles, onions, oregano, garlic, cumin, beef, and flour. Served with warm tortillas, and sour cream on the side.

Soy Chile Verde (GF/DF/VE) ♦

Soy chunks, onions, garlic, cumin, poblano, jalapenos, tomatillos, and cilantro. Served with warm tortillas, and optional sour cream.

SIDES

Cilantro Lime Rice (GF/DF)

Garlic and Herb Spaghetti Squash (GF/D)

Steamed Zucchini and Yellow Squash

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Turtle Cheesecake (D/Nuts)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Thursday, June 12, 2025 ~ 12 Credits

SOUPS

Sausage, Parmesan and Kale (GF/D/A) ♦

Spinach and Okra (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Chicken Adobo (GF/DF) ♦

Chicken thighs, peppercorns, garlic, soy sauce, vinegar, and onions.

Five-Spice Pork Butt (GF/DF/A) ♦

Pork butt, garlic, ginger, onions, soy sauce, wine, spices, and scallions.

Tofu Adobo (GF/DF/OF/VE) ♦

Soy sauce, tofu, vinegar, garlic, onions, and brown sugar.

SIDES

Jasmine Rice (GF/DF)

Honey Ginger Roasted Carrots (GF/D)

Steamed Snap Peas

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Turtle Cheesecake (D/Nuts)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Friday, June 13, 2025 ~ 12 Credits

SOUPS & STARTERS

Manhattan Clam Chowder (D) ♦↓

Spring Vegetable (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Lamb Puttanesca (GF/DF/A) ♦

Onions, lamb, garlic, tomato, white wine, capers, anchovies, olives, red pepper flakes, oregano, and basil.

Salmon with Pesto Cream (GF/D/Nuts) ♦

Salmon, parmesan, cream, basil, and pine-nuts.

Vegan Chickpea Puttanesca (GF/DF/OF/VE/A) ↓

Red onions, garlic, eggplants, red peppers, chickpeas, tomatoes, thyme, oregano, red wine, capers, olives, and basil.

SIDES

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

Calabacitas (GF/D) Note: Dairy Optional

Steamed Asparagus

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Spring Berry Pie (D)

Mixed Fruit

Dinner

WATERFALLS

DAILY SPECIALS

Saturday, June 14, 2025 ~ 12 Credits

SOUPS & STARTERS

Italian Wedding (D)

Tomato Dill (GF/DF/OF/VE) ♦

Garden Salad Bar

ENTREES

Pollo Asado (GF/DF) ♦

Chicken thighs, cumin, oregano, orange juice, lime, and achiote paste.

Beef Machaca (GF/DF) ♦

Beef, worcestershire, lime, garlic, green peppers, chilies, jalapeno, oregano, and onions.

Quinoa and Vegetable Stuffed Peppers (GF/DF/OF/VE)

Quinoa, onions, green peppers, zucchini, red peppers, and basil.

SIDES

Spanish Rice (GF/D)

Stewed Green Beans (GF/DF)

Steamed Cauliflower

Brown Rice

Baked or Sweet Potato

Steamed Spinach or Carrots

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Spring Berry 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