

Lunch

WATERFALLS

DAILY SPECIALS

Monday, June 9, 2025

8 Credits

Soup

Bacon and Butternut (D)

Three Bean (GF/DF/OF/VE) ↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Caesar Wrap (D)

Grilled chicken, romaine, cherry tomatoes, croutons,
parmesan, and Caesar dressing.

Note: Caesar Dressing Contains Fish

Vegan Caesar Wrap (DF/VE)

Gardein chick'n, romaine, cherry tomatoes, vegan
parmesan, and vegan Caesar dressing.

DESSERTS

Oatmeal Raisin (D)

Lunch

WATERFALLS

DAILY SPECIALS

Tuesday, June 10, 2025

8 Credits

Soup

Pozole and Chorizo (GF/D) ♦

Southwestern Squash (GF/DF/OF/VE) ▼↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Fajitas (D)

Chicken thighs, red peppers, green peppers, onions, cilantro, lime, and flour tortillas.

With sour cream, salsa, and cheese on the side.

Served with seasoned black beans and cumin rice pilaf.

Soy Curl Fajitas (D/VG)

Soy curls, red peppers, green peppers, onions, cilantro, lime, and flour tortillas.

With sour cream, salsa, and cheese on the side.

Served with seasoned black beans and cumin rice pilaf.

DESSERTS

Oatmeal Raisin Cookies (D)

Lunch

WATERFALLS

DAILY SPECIALS

Wednesday, June 11, 2025

8 Credits

Soup

Potato and Ham (D)

Vegetable Cabbage (GF/DF/OF/VE) ♦▼↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Garlicky Chicken and Cucumber Stir-Fry (GF/DF/A)

Chicken thighs, mirin, sesame oil, cucumbers, soy sauce, chicken stock, garlic, shallots, bean paste, and jasmine rice

Garlicky Soy Curls and Cucumber Stir-Fry (GF/DF/VE/A)

Soy curls, mirin, sesame oil, cucumbers, soy sauce, chicken stock, garlic, shallots, bean paste, and jasmine rice

DESSERTS

Cherry Crumble Bar (D)

Lunch

WATERFALLS

DAILY SPECIALS

Thursday, June 12, 2025

8 Credits

Soup

Sausage, Parmesan and Kale (GF/D/A) ♦

Spinach and Okra (GF/DF/OF/VE) ♦↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Alfredo and Broccoli Casserole (D)

Chicken, broccoli, rice, bechamel sauce, parmesan cheese, gruyere, and parsley.

Vegan Alfredo and Broccoli Casserole (GF/DF/VE)

Soy Curls, rice, broccoli, vegan bechamel sauce, vegan parmesan, vegan mozzarella, and parsley.

DESSERTS

Cherry Crumble Bar (D)

Lunch

WATERFALLS

DAILY SPECIALS

Friday, June 13, 2025

8 Credits

Soup

Manhattan Clam Chowder (D) ↓♦

Spring Vegetable Quinoa (GF/DF/OF/VE) ♦↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chinese Chicken Salad (GF/DF)

Chicken, cabbage, bok choy, snow peas,
cilantro, sesame oil, and vinegar.

Chinese Tofu Salad (GF/DF/VE)

Baked tofu, cabbage, bok choy, snow peas,
cilantro, sesame oil, and vinegar.

DESSERTS

Peanut Butter Chocolate Chip Cookie (D/Nuts)

Lunch

WATERFALLS

DAILY SPECIALS

Saturday, June 14, 2025

8 Credits

Soup

Italian Wedding (D)

Tomato Dill (GF/DF/OF/VE) ♦

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Salmon Cakes with Old Bay Slaw (DF)

Parsley, salmon, panko, scallions, celery, mayo, Old bay seasoning, with creamy dill sauce (D), and old bay slaw (GF/DF).

Artichoke and Chickpea Cakes with Old Bay Slaw (GF/DF/VE)

Chickpeas, artichoke hearts, red peppers, yellow peppers, green peppers, celery, parsley, Dijon, vegan mayo, Rice-Chex, and chickpea flour.

With vegan remoulade sauce (vegan mayo, Dijon, lemon, horseradish, Worcestershire, green onions, and capers.)

Served with vegan Old-Bay slaw.

DESSERTS

Peanut Butter Chocolate Chip Cookies (D/Nuts)

(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