

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, July 21, 2025

12 Dining Credits ~ Includes choice of soup or salad, one entree, and dessert or fruit.

SOUPS

Polenta, Kale and Italian Sausage (GF/D/A) ↓

Summer Corn and Lima Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Linguica Stuffed Bell Peppers (GF/DF)

Linguica sausage, red peppers, brown rice, onions, garlic, tomatoes, and kale.

Shrimp Scampi (GF/D/A) ♦

Shrimp, garlic, thyme, butter, wine, lemon, and parsley.

Crispy Chickpea Stuffed Peppers (GF/DF/OF/VE) ↓

Chickpeas, red peppers, brown rice, onions, carrots, and garlic.

SIDES

Creamy Polenta (GF/D) ♦▼

Creamed Kale (D) ♦

Steamed Zucchini and Yellow Squash

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Tiramisu (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

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Tuesday, July 22, 2025

12 Dining Credits ~ Includes choice of soup or salad, one entree, and dessert or fruit.

SOUPS

Creamy Chicken Alfredo (D)

Beet and Tomato Gazpacho (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Roasted Pork Tenderloin with Creamy Dijon Sauce (GF/D) ♦

Pork tenderloin, Dijon mustard, and cream.

Salmon Meuniere (D)

Salmon, flour, butter, parsley, chives, dill, and lemon.

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

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

SIDES

Boursin Mashed Potatoes (GF/D)

Broccoli Amandine (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

Tiramisu (D)

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, July 23, 2025

12 Dining Credits ~ Includes choice of soup or salad, one entree, and dessert or fruit.

SOUPS

Beef and Vegetable (GF/DF)

Roasted Cauliflower (GF/DF/OF/VE) ↓
Garden Salad Bar

ENTREES

Chicken Pastitsio (D/A)

Chicken, onions, garlic, mushrooms, cinnamon, wine, tomatoes, penne pasta, and bechamel sauce,

Sole Oreganata (GF/D) ♦↓

Sole, sauteed onions, basil and oregano.

Vegan Pastitsio (GF/DF/VE/A)

Vegan butter, onions, garlic, mushrooms, cinnamon, red wine, tomatoes, lentils, GF penne, and soy milk.

SIDES

Paprika Roasted Fingerling Potatoes (GF/DF)

Greek Green Beans (GF/DF) ♦▼

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 Apple Tart (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, July 24, 2025

12 Dining Credits ~ Includes choice of soup or salad, one entree, and dessert or fruit.

SOUPS

Lemon Chicken and Rice (GF/D)

Chilled Melon (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Marbella (GF/DF/A)

Bone-in chicken thighs, prunes, green olives, garlic, oregano, white wine, and parsley.

Braised Brisket (GF/DF/A)

Beef, onion, garlic, carrot, tomato, wine and honey.

Cauliflower Marbella (GF/DF/VE/A)

Cauliflower, vinegar, prunes, capers, oregano, oil, and wine.

SIDES

Buttered Yukon Potatoes (GF/D) ▼

Roasted Cauliflower (GF/DF) ♦▼

Steamed Brussels Sprouts

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Peanut Butter Cake (D/Nuts) 3

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, July 25, 2025

12 Dining Credits ~ Includes choice of soup or salad, one entree, and dessert or fruit.

SOUPS

Manhattan Clam Chowder (GF/D) ♦↓

Summer Vegetable (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Chicken Shish Kebab (GF/D) ♦

Chicken, onions, garlic, tomato, yogurt, lemon, and paprika.

Charmoula Grilled Lamb Chops (GF/DF)

Grilled lamb chops, cilantro, parsley, lemon zest, cumin, coriander, smoked paprika, and cayenne.

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

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

SIDES

Coriander and Cardamom Spiced Rice (GF/DF) ▼↓

Moroccan Stewed Zucchini (GF/DF) ♦

Steamed Cauliflower

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Strawberry Rhubarb Pie (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, July 26, 2025

12 Dining Credits ~ Includes choice of soup or salad, one entree, and dessert or fruit.

SOUPS

Chicken and Wild Rice (D)

Red Pepper and Tomato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Sour Cream and Dill Baked Cod (D)

Cod, milk, sour cream, dill, panko, butter, and garlic.

Steak Diane (D/A)

Beef, butter, shallots, cognac, cream, Dijon, and Worcestershire.

Portobello Mushroom Rockefeller (GF/DF/OF/VE/Nuts)

Mushrooms, onions, garlic, spinach, oat milk, vegan cashew parmesan cheese, Rice-Chex, and lemon zest.

SIDES

Twice-Baked Potatoes with Bacon (D)

Carrots Vichy (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

Strawberry Rhubarb Pie (D)

Mixed Fruit

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