

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, July 7, 2025

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

SOUPS

Pasta Fagioli (D)

Carrot and Tomato (GF/DF/OF/VE) ♦▼↓

Garden Salad Bar

ENTREES

Flank Steak with Mint Mustard Sauce (GF/DF) ♦▼

Flank steak, garlic, mustard, red wine vinegar, honey, and mint.

Irish Whiskey Salmon (D/A)

Salmon, honey, Irish whiskey, lemon zest, and butter.

Tempeh and Vegetable Skewers (GF/DF/OF/VE)

Tempeh, vinegar, lemon, mint, maple, and assorted vegetables.

SIDES

Sour Cream and Chive Mashed Potatoes (GF/D)

Roasted Brussels Sprouts (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

Chocolate Peanut Butter Layer Cake (D/Nuts)

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 8, 2025

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

SOUPS

Creamy Potato and Beef (GF/D)

Country Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Pork Scallopini (GF/D)

Pork, mushrooms, yellow onions, butter, lemon juice, parsley, rosemary, and oregano.

Lemon and Garlic Baked Cod (GF/D) ♦

Cod, butter, lemon zest, garlic, and paprika.

Lentil and Vegetable Loaf with Tomato Relish (GF/DF/OF/VE) ↓

Lentils, flax seeds, garlic, onions, sorghum flour, maple syrup, and oats.

SIDES

Rice Pilaf (GF/DF) ↓

Kale Gratin (D) ♦▼

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 Layer Cake (D/Nuts) 3

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, July 9, 2025

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

SOUPS

Hungarian Mushroom (D/VG/A) ♦

Bavarian Lentil (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Spanish Chicken (GF/D/A)

Chicken breasts, onion, garlic, brown sugar, cumin, sweet paprika, chicken stock, white wine, vinegar, bay leaves, capers, butter, and parsley.

Roasted Pork Loin with Balsamic Prune Sauce (GF/D)

Pork tenderloin, butter, shallots, garlic, brown sugar, prunes, cinnamon, cloves, and balsamic vinegar.

Spanish Pisto with Chickpeas (GF/DF/OF/VE)

Onions, zucchini, squash, eggplant, tomato, chickpeas, bell peppers, saffron, garlic, paprika, and vegetable stock.

SIDES

Roasted Fingerling Potatoes (GF/DF)

Roasted Cauliflower (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

White Chocolate Blueberry Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, July 10, 2025

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

SOUPS

Minestrone (D) ↓

Note: Parmesan Topping Optional

Gazpacho ♦↓ (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Baja Chicken with Mango Ginger Salsa ♦

Chicken thighs, chili powder, garlic powder, cumin, mango, red pepper, cilantro, onions, ginger, and lemon juice.

Grilled Steak Fajitas (GF/DF) with Flour Tortillas (DF)

Steak, citrus juice, cumin, peppers, and onions.

Vegan Tempeh Picadillo (GF/DF/VE) with Flour Tortillas (DF/VE)

Onions Impossible beef,, capers, olives, oregano, cumin, fire roasted tomatoes, and mushrooms

SIDES

Prarie Pinto Beans (GF/DF/OF/VE)

Stewed Green Beans (GF/DF) ♦

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

Lemon Cream Cake (D) 3

Mixed Fruit

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, July 11, 2025

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

SOUPS

Shrimp Chowder (D)

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

Garden Salad Bar

ENTREES

Sole Piccata (D)

Sole, lemon, capers, egg, flour, oregano, garlic, butter, and cream.

Beef and Italian Sausage Lasagna (D)

Marinara sauce, pork, ground beef, ricotta cheese, parmesan, and egg noodles.

Vegan Gardein Piccata (GF/DF/VE)

Gardein chicken, vegan butter, lemons, capers, and garlic.

SIDES

Lemon and Parmesan Orzo (D) ▼

Herb Roasted Nightshades (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

Peach Pie (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, July 12, 2025

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

SOUPS

Chicken and Dumplings (D)

Tomato Dill (GF/DF/OF/VE) ♦

Garden Salad Bar

ENTREES

Greek Roasted Chicken (GF/D) ♦

Chicken thighs, garlic, Greek yogurt, and oregano.

Grilled Leg of Lamb with Mint Yogurt Sauce (GF/D)

Lamb, yogurt, basil, mint, ginger, jalapeno, green onions, and lime.

Spinach and Walnut Stuffed Portobellos (GF/DF/OF/VE/Nuts) ♦

Portobello mushrooms, spinach, yellow onions, walnuts, garlic, and balsamic vinegar.

SIDES

Lemon and Dill Roasted Potatoes (GF/DF) ▼↓

Lemon and Thyme Roasted Vegetables (GF/DF)

Steamed Kale

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Peach Pie (D)

Mixed Fruit

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