

WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Monday, July 21, 2025

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

SOUPS & SALAD

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

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Italian Beef Sandwich (DF)

Sliced roast beef, onions, peppers, and hoagie roll.

Italian Tempeh Sandwich (DF/VE)

Marinated tempeh, onions, peppers, and hoagie roll.

DESSERTS

Chewy Ginger Cookies (D)

Mixed Fruit

WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Tuesday, July 22, 2025

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

SOUPS & SALAD

Creamy Chicken Alfredo (D)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Carne Asada Quesadilla (D)

Carne asada, lime, orange, onions, peppers, cheddar cheese, Monterey Jack cheese, tortilla, and sour cream and salsa on the side.

Cumin Roasted Squash Quesadilla (DF/VE)

Cumin, squash, onions, garlic, tortilla, cilantro, vegan cheese, and optional sour cream (D), guacamole, and salsa on the side.

DESSERTS

Chewy Ginger Cookies (D)

Mixed Fruit

Daily Specials ~ Wednesday, July 23, 2025

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

SOUPS & SALAD

Beef and Vegetable (GF/DF)

Roasted Cauliflower (GF/DF/OF/VE) ↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Rice Noodle and Beef Stir-Fry (GF/DF)

Beef, bean sprouts, green onions, mushrooms, carrots, rice noodles, celery, and stir-fry sauce.

Rice Noodle and Soy Curl Stir-Fry (GF/DF/VE)

Soy curls, bean sprouts, green onions, mushrooms, carrots, rice noodles, celery, and stir-fry sauce.

DESSERTS

Chocolate Chip Cookies (D)

Mixed Fruit

WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Thursday, July 24, 2025

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

SOUPS & SALAD

Lemon Chicken and Rice (GF/D)

Chilled Melon (GF/DF/OF/VE)

Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Open-Faced Turkey Sandwich (D)

Lightly toasted bread with roasted turkey and velouté, topped with mashed potatoes and gravy.

Note: Gluten-Free Bread Available.

Open-Faced Mushroom and Soy Curl Sandwich (DF/VE/A)

Lightly toasted bread with mushrooms, soy curls, garlic, white wine and mushroom stock. Topped with vegan mashed potatoes and gravy.

Note: Gluten Free Bread Available

DESSERTS

Chocolate Chip Cookies (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

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Friday, July 25, 2025

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

SOUPS & SALAD

Manhattan Clam Chowder (GF/D) ♦↓

Summer Vegetable (GF/DF/OF/VE) ▼↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Santa Fe Chicken Salad (GF/DF)

Chicken breast, romaine, black beans, tortilla chips, corn, cherry tomatoes, red peppers, onions, cilantro, avocado, and chipotle lime vinaigrette.

Santa Fe Tempeh Salad (GF/DF/VE)

Tempeh, romaine, black beans, tortilla strips, corn, cherry tomatoes, red peppers, onions, cilantro, avocado, and chipotle lime vinaigrette.

DESSERTS

White Chocolate Pecan Blondie (D/Nuts)

Mixed Fruit

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WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Saturday, July 26, 2025

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

SOUPS & SALAD

Chicken and Wild Rice (D)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Fish and Chips (DF/A)

Beer battered cod, French Fries, with vegan coleslaw, lemon, and tartar sauce.

Artichoke and Chickpea Cakes (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 coleslaw.

DESSERTS

White Chocolate Pecan Blondies (D/Nuts)

Mixed Fruit