

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, August 11, 2025

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

SOUPS

African Peanut (GF/DF/OF/VE/Nuts)

Creamy Asparagus (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Jamaican Jerk Chicken (GF/DF) ♦

Chicken thighs brown sugar, garlic powder, thyme, marjoram, allspice, coriander, cinnamon, nutmeg, paprika, and cayenne.

Coconut Braised Pork (GF/DF)

Pork, onion, ginger, garlic, coconut milk, broth, and thyme.

Chickpea and Okra Stew with Jasmine Rice (GF/DF/OF/VE) ↓

Chickpeas, tomatoes, paprika, onions, garlic, green peppers, celery, and okra, with jasmine rice.

SIDES

Coconut Jasmine Rice (GF/DF/OF/VE) ♦▼

Spinach Callaloo (GF/DF/VE) ♦

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Red Velvet Cake (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, August 12, 2025

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

SOUPS

Beef Barley (DF) ↓

Cucumber and Yellow Pepper Gazpacho (GF/D/OF/VG) ♦▼↓

Garden Salad Bar

ENTREES

Roasted BBQ Chicken with Alabama White Sauce (GF/D) ♦

Chicken breast, mayo, mustard, horseradish, tabasco, and lemon.

Paprika Baked Salmon (GF/DF) ♦

Salmon, orange juice, olive oil, thyme, brown sugar, paprika, and cinnamon.

Vegan Quinoa and Grilled Zucchini Stuffed Peppers (GF/DF/OF/VE) ♦▼↓

Peppers stuffed with shallots, artichoke hearts, and quinoa.

SIDES

Smashed Red Bliss Potatoes (GF/D)

Braised Collard Greens (GF/D/A) ♦▼↓

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

Red Velvet Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, August 13, 2025

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

SOUPS

Chicken Tortilla (GF/D)

Golden Broccoli (GF/DF/OF/VE/Nuts)

Garden Salad Bar

ENTREES

Grilled Chicken Fajitas with Flour Tortillas (D)

Marinated chicken thighs, red and green peppers, onions, cilantro, lime, flour tortillas, and optional side of sour cream and salsa.

Carne Asada with Flour Tortillas (DF) ♦

Flank steak, lime, orange, cilantro, garlic and cumin. Served with flour tortillas.

Tempeh Asada with Corn Tortillas (GF/DF/VE) ♦

Tempeh, oil, lime juice, orange juice, tamari, cilantro, and chili powder.
Served with side of corn tortillas.

SIDES

Arroz Amarillo (GF/DF) ↓ and Ranchero Beans (GF/DF/OF) ♦↓

Roasted Asparagus (GF/DF) ♦▼

Steamed Corn

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Rustic Berry Tart (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, August 14, 2025

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

SOUPS

Potato and Ham (D)

Chilled Peach (GF/DF/OF/VE) ▼

Garden Salad Bar

ENTREES

Lemongrass and Garlic Braised Pork (GF/DF/A)

Pork, onion, carrot, ginger, lemongrass, brown sugar, soy sauce, Mae Ploy, sesame oil, mirin, fish sauce, and chicken broth.

Maple and Soy Glazed Cod (GF/DF) ♦↓

Cod, maple syrup, Dijon, and soy sauce.

Lemongrass and Garlic Grilled Tofu (GF/DF/OF/VE/A)

Tofu, lemongrass, onions, lime, mirin, soy sauce, and cilantro.

SIDES

Scallion Rice Pilaf (GF/DF) ↓

Chinese Cucumber Salad (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

Cherry Cream Cheese Torte (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, August 15, 2025

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

SOUPS

Manhattan Clam Chowder (GF/D) ♦↓ 3/5

Roasted Red Pepper and Corn (GF/DF/OF/VE) ↓ 3/5

Garden Salad Bar

ENTREES

Moroccan Sweet and Spicy Shrimp (GF/DF) ♦

Paprika, cumin, chili powder, brown sugar, coriander, ginger, turmeric, cinnamon, cardamom, and shrimp.

Lamb Tagine (GF/DF) ♦

Lamb, onions, ginger, garlic, tomatoes, cinnamon, turmeric, nutmeg, saffron, raisins, and cilantro.

Grilled Vegetable and Tofu Coconut Curry (GF/DF/OF/VE/A) ♦▼

Assorted vegetables, shallots, wine, coconut milk, and nutritional yeast.

SIDES

Roasted Harrisa and Sesame Potatoes (GF/DF)

Moroccan Green Beans (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

Blueberry Pie (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, August 16, 2025

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

SOUPS

Chicken and Sausage Gumbo (D)

Cashew Pea (GF/DF/OF/VE/Nuts) ▼↓

Garden Salad Bar

ENTREES

Blackberry Balsamic Glazed Chicken (GF/D) ♦↓

Chicken breast, butter, shallots, brown sugar, cinnamon, and blackberries.

Smothered Pork Chops (D)

Pork chops, flour, garlic powder, paprika, parsley, butter, onions, stock, parmesan, and milk.

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

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

SIDES

Garlic and Herb Brown Rice (GF/DF) ▼↓

Creamed Spinach (D)

Steamed Snap Peas

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Blueberry Pie (D)

Mixed Fruit

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