

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, September 1, 2025

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

SOUPS

Chicken Noodle (DF) ↓

Creamy Artichoke (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Mesquite BBQ Grilled Chicken Breast (GF/DF)

Chicken breast, ketchup, pineapple, brown sugar, and Dijon mustard.

Smoked Tri-Tip (GF/DF)

Smoked beef roast and steak seasoning.

Sweet and Smoky BBQ Tempeh (GF/DF/OF/VE)

Tempeh, vinegar, ketchup, maple syrup, tamari, and liquid smoke.

SIDES

Vegan Baked Beans (GF/DF/OF/VE)

Macaroni Salad (D/VG)

Braised Green Beans (GF/DF/VE)

Broccoli Salad (GF/D)

Steamed Corn-on-the-Cob (GF/DF/OF/VE)

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Banana Cheesecake Cookie Crust Pie (D)

Mixed Fruit



WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Tuesday, September 2, 2025

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

SOUPS

Albondigas (GF/DF) ♦

Black Bean (GF/DF/OF/VE) ↓

Note: Sour Cream Topping Optional

Garden Salad Bar

ENTREES

Bangers and Mash with Onion Gravy (D)

Pork sausages, mashed potatoes, butter, and onion gravy.

Pecan Crusted Sole (D/Nuts)

Pecan, panko, sole, Dijon, and butter.

Barley and Feta Stuffed Peppers (D/VG)

Green peppers, barley, onions, garlic, sundried tomatoes, thyme, and feta.

SIDES

Mashed Potatoes (GF/D)

Roasted Brussels Sprouts (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

Lemon Cream Layer 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 ~ Wednesday, September 3, 2025

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

SOUPS

Navy Bean and Ham (GF/D)

Berry Gazpacho (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Hungarian Pork Tips (D)

Pork tips, flour, pepper, paprika, onions and mushroom soup.

Beef Medallions with Mushroom Sauce (DF)

Beef, mushrooms and onions.

Balsamic Grilled Portobello Mushrooms (GF/DF/OF/VE)

Portobello, green onions, cornstarch, balsamic vinegar, vegan Worcestershire, brown sugar, rosemary, garlic, and black pepper.

SIDES

Buttered Egg Noodles (D)

Tomato Braised 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

Lemon Cream Layer Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, September 4, 2025

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

SOUPS

Chicken Tikka Masala (GF/DF) ▼

Curried Zucchini (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Ethiopian Stewed Chicken (D/A)

Chicken thighs, lemon juice, butter, garlic, ginger, berbere spice, white wine, and honey.

Berbere Braised Lamb (GF/DF)

Leg of lamb, berbere spice, onions, tomatoes, bell peppers, and stock.

Stir-Fried Cabbage, Potatoes, and Chickpeas (GF/DF/OF/VE)

Garbanzo beans, cabbage, potatoes, and berbere spice.

SIDES

Cumin Rice Pilaf (GF/DF) ↓

Curried Yellow Squash and 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

Blueberry Velvet Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, September 5, 2025

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

SOUPS

New England Clam Chowder (D)

Chilled Cucumber (GF/D/OF/VG)

Garden Salad Bar

ENTREES

Beef Machaca (GF/DF) ♦

Beef, Worcestershire, lime, garlic, green peppers, chilies, jalapeno, oregano, and onions.

Cod Veracruz (GF/DF)

Cod, tomatoes, onions, capers, and olives.

Tofu Veracruz (GF/DF/OF/VE)

Tofu, tomatoes, onions, capers, and olives.

SIDES

Garlic Roasted Potatoes (GF/DF/OF/VE) ↓

Calabacitas (GF/D) ↓ Note: Dairy Optional

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Turtle Cheesecake (D/Nuts)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, September 6, 2025

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

SOUPS

Ultimate Baked Potato (D)

Creamy Tomato (GF/D/OF/VG)

Garden Salad Bar

ENTREES

Huli Huli Chicken with Grilled Pineapple (GF/DF/A)

Chicken thighs, pineapple, brown sugar, ketchup, soy sauce, sherry wine, and ginger.

Asian Glazed Pork Tenderloin (GF/DF/A) ♦↓

Molasses, ketchup, five spice, sesame oil, ginger, sherry, hoisin, apricot puree, and soy sauce.

Huli Huli Tofu (GF/DF/OF/VE/Nuts)

Ketchup, soy sauce, tofu, brown sugar, rice vinegar, vegan fish sauce, ginger, vegetable stock, onion, garlic, carrot, red pepper, cauliflower, and peanuts.

SIDES

Jasmine Rice (GF/DF/OF) ▼↓

Honey Ginger Roasted Carrots (GF/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

Turtle Cheesecake (D/Nuts)

Mixed Fruit

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