

# WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Monday, September 22, 2025

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

### SOUPS

**White Bean and Italian Sausage (GF/D)**

*Note: Parmesan Topping Optional*

**Roasted Garlic and Chard (GF/DF/OF/VE) ↓**

**Garden Salad Bar**

### ENTREES

**Southwestern Grilled Chicken (GF/DF)**

Chicken breast, lime, orange, chipotle, cilantro and jalapeno.

**Pork Chile Verde with Flour Tortillas (D) ♦**

Pork shoulder, onion, garlic, cumin, poblano, jalapeno, tomatillos, cilantro.

Served with warm tortillas, and sour cream on the side.

**Soy Chile Verde (GF/DF/VE) ♦**

Soy chunks, onions, garlic, cumin, poblano, jalapenos, tomatillos, cilantro.

Served with warm tortillas (contains gluten), and optional sour cream.

### SIDES

**Cilantro Lime Rice (GF/DF/OF) ▼↓**

**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

**Cookies and Cream Chocolate Pie (D)**

**Mixed Fruit**

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(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, September 23, 2025

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

### SOUPS

**Split Pea and Ham (GF/DF)**

**Zucchini and Watercress (GF/DF/OF/VE) ♦↓**

**Garden Salad Bar**

### ENTREES

**Lemon and Rosemary Roasted Shrimp (GF/DF) ♦**

Shrimp, olive oil, lemon, rosemary, and garlic.

**Beef Medallions with Pomegranate Demi (GF/DF/A)**

Beef, pomegranate juice, shallots, garlic, thyme, and red wine.

**Spiced Eggplant Stuffed Peppers (GF/DF/OF/VE) ↓**

Eggplant, fire roasted tomatoes, cumin, garbanzo beans, garlic, onions, and bell peppers.

### SIDES

**Roasted Fingerling Potatoes (GF/DF)**

**Brussels Sprouts Gratin (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

**Cookies and Cream Chocolate Pie (D)**

**Mixed Fruit**

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# WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Wednesday, September 24, 2025

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

### SOUPS

Turkey and Wild Rice (GF/D) ♦

Wild Mushroom (GF/DF/OF/VE) ↓

Garden Salad Bar

### ENTREES

Mushroom Braised Pork Chops (D/A) ♦

Bone-in pork chops, flour, salt, pepper, garlic powder, onion powder, shallots, mushrooms, white wine, stock, cream, thyme, and bay leaf.

Roasted Sole with Pancetta Cream (GF/D/A) ♦

Sole, pancetta, shallots, white wine, cream, and thyme.

Vegan Quinoa and Artichoke Stuffed Zucchini (GF/DF/OF/VE)

Zucchini stuffed with shallots, artichoke hearts, red peppers and quinoa.

### SIDES

Boursin Mashed Potatoes (GF/D)

Braised 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

Carrot Layer Cake (D)

Mixed Fruit

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Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Thursday, September 25, 2025

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

### SOUPS

**Spanish Chicken and Rice (GF/D)**

**Spiced Carrot and Tahini (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Creamy Tuscan Chicken (GF/D) with Penne Pasta (D) ♦**

Chicken breasts marinated in garlic, rosemary, vinegar, olive oil, butter, tomatoes, and shallots. With Penne Pasta.

**Paella with Chicken, Chorizo, and Shrimp (GF/DF)**

Basmati rice, vegetable stock, saffron, onion, red pepper, green pepper, garlic, tomatoes, chicken thighs, chorizo, shrimp, and parsley.

**Vegan Mushroom Ragu with Gluten-Free Penne Pasta (GF/DF/OF/VE/A)**

Onions, mushrooms, carrots, celery, wine, and tomatoes. With Gluten-Free penne pasta.

### SIDES

**Penne (D) or Gluten-Free Penne (GF/DF)**

**Herb Roasted Beets (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

**Milk Chocolate Ganache and Almond Cake (D/Nuts)**

**Mixed Fruit**

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# WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Friday, September 26, 2025

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

### SOUPS

New England Clam Chowder (D)

Vegetable Barley (DF/OF/VE)

Garden Salad Bar

### ENTREES

Port and Thyme Braised Short Ribs (GF/DF/A) ↓

Beef short ribs braised with port, thyme, carrots, leeks, garlic, and red wine.

Honey Glazed Salmon (GF/D) ♦

Salmon, butter, ginger, Dijon, honey and chives.

Roasted Cauliflower Steaks with Mushroom Gravy (GF/DF/OF/VE) ↓

Cauliflower steaks, shallots, garlic, thyme, mushrooms, brown rice flour, and nutritional yeast.

### SIDES

Herb Roasted New Potatoes (GF/DF) ▼

Lemon and Dill Roasted Carrots (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

Marionberry Pie (D)

Mixed Fruit

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# WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Saturday, September 27, 2025

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

### SOUPS

Chicken and Dumpling (D)

Tomato Basil Bisque (GF/D/OF/VG)

Garden Salad Bar

### ENTREES

Creamy Lemon Pepper Chicken (GF/D) ♦

Chicken breasts, parmesan, parsley, garlic, butter, and heavy cream.

Greek Braised Lamb (GF/DF/A)

Leg of lamb, garlic, rosemary, thyme, oregano, paprika, lemon, wine, and shallots.

Spanakopita Stuffed Peppers (GF/D/OF/VG)

Feta, parsley, spinach, quinoa, fontina, and shallots.

### SIDES

Couscous with Mint, Pine Nuts and Feta (D/Nuts)

Stewed Cauliflower (GF/DF) ♦

Steamed Swiss Chard

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

### DESSERTS

Marionberry Pie (D)

Mixed Fruit

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