

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, September 29, 2025

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

SOUPS

German Sausage and Barley (D)

Parsnip, Carrot and Apple (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Kielbasa Coddle (DF/A)

Bacon, kielbasa, potatoes, dark beer, onions, garlic, and thyme.

Honey Garlic Butter Shrimp (GF/D) ♦

Honey, soy sauce, ginger, garlic, shrimp, and butter.

Artichoke and Chickpea Cakes (GF/DF/VE)

Mushrooms, pecans, onions, almonds, and sorghum flour.

SIDES

Almond Rice Pilaf (GF/DF/Nuts) ▼↓

**Green Beans with Toasted Hazelnuts and Lemon Zest
(GF/DF/Nuts) ♦▼**

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

Key Lime Pie (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, September 30, 2025

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

SOUPS

Bacon and Butternut Squash (D)

Autumn Vegetable and Quinoa (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Bacon and Mushroom Braised Chicken Thighs (GF/D/A) ♦

Chicken thighs, celery, onions, carrots, mushrooms, white wine, cream, and bacon.

Butter Crumb Cod (D) ♦

Cod, butter and Ritz crackers.

Vegan Barley Stuffed Peppers (DF/OF/VE) ▼↓

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

SIDES

Quinoa Pilaf (GF/DF/OF/VE) ♦▼↓

Roasted Brussels Sprouts (GF/DF) ♦

Steamed Green Beans

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

Key Lime Pie (D/Nuts)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, October 1, 2025

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

SOUPS

Beef and Vegetable (GF/DF)

Bok Choy and Sweet Potato (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Bourbon Roasted Pork Loin (GF/DF/A) ♦

Pork loin, whiskey, brown sugar, honey, sriracha, onions and apples.

Grilled Salmon with Lemon Sesame Sauce (GF/DF)

Salmon, lemon, shallot, honey and sesame oil.

White Bean Stuffed Portobello Mushrooms (GF/DF/OF/VE) ↓

Portobello mushrooms, white beans, onions, leeks, celery, garlic, turmeric, kale, spinach, artichoke hearts, and tomatoes.

SIDES

Herb Roasted Potato Wedges (GF/DF) ▼

Carrots Amandine (GF/D/Nuts) ♦▼

Steamed Asparagus

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Orange Phyllo Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, October 2, 2025

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

SOUPS

Beer and Cheddar (D)

Cabbage and Apple (GF/DF/OF/VE) ▼↓

Garden Salad Bar

ENTREES

Roasted Turkey Breast with Turkey Gravy (D) ♦↓

Thyme, sage, olive oil, salt, pepper, gravy, butter, and flour.

Apple Cider Braised Beef (GF/DF) ♦

Beef braised in cinnamon, bay leaf, rosemary, thyme, garlic, apple, onion, stock, and apple cider.

Vegan Leek and Spinach Pie (DF/VE) ↓

Onion, leeks, green onions, dill, parsley, mint, nutritional yeast, vegetable stock, fresh spinach, and phyllo dough.

SIDES

Mashed Potatoes (GF/D)

Broccoli Gratin (D) ♦

Steamed Cauliflower

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Carrot Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, October 3, 2025

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

SOUPS

New England Clam Chowder (D)

Carrot and Ginger (GF/DF/OF/VE) ♦

Garden Salad Bar

ENTREES

Herb Baked Sole (GF/D) ♦

Sole, butter, garlic, parsley, dill, garlic, and onion.

Coq au Vin (D/A) ♦

Chicken thighs, burgundy, bacon, cognac, onions, carrots, mushrooms, tomato paste and pearl onions.

Vegan Coq au Vin (GF/DF/OF/VE/A) ▼↓

Mushrooms, potatoes, red wine, pearl onions, thyme, garlic and vegetable stock.

SIDES

Roasted Fingerling Potatoes (GF/DF)

Roasted Cauliflower (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

Chocolate Walnut Pie (D/Nuts)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, October 4, 2025

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

SOUPS

Split Pea with Ham (GF/DF) ↓

Roasted Tomato (GF/FD/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Mediterranean Seafood Ragout (GF/D/A) ↓

Onions, carrots, garlic, green peppers, oregano, red pepper flakes, tomato, wine, potatoes, clam juice, cod, shrimp, parsley, and parmesan.

Roasted Pork Loin with Apricot and Rosemary (GF/D/A) ♦

Pork loin, shallots, apricots, rosemary, and white wine.

Quinoa Tabouli Stuffed Tomatoes (GF/DF/OF/VE) ▼

Quinoa, parsley, mint, chopped tomatoes, and lemon.

SIDES

Carrot and Coriander Rice Pilaf (GF/DF) ▼↓

Herb Roasted Vegetables (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

Chocolate Walnut Pie (D/Nuts)

Mixed Fruit

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