

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, October 13, 2025

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

SOUPS

Cauliflower and Cheese (GF/D/VG) ♦

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

Garden Salad Bar

ENTREES

Chicken Mole (GF/DF/Nuts)

Chicken thighs, tomatoes, coffee, chocolate, almonds, and cherries.

Ranchero-Style Shrimp (GF/D) ♦

Shrimp, paprika, garlic, butter, onion, lime and cilantro.

Ranchero Soy Curl (GF/DF/OF/VE) ▼

Soy curls, paprika, garlic, onions, tomatoes, lime, and cilantro.

SIDES

Arroz Amarillo (GF/DF) ↓

Rosemary Roasted Delicata Squash (GF/DF) ♦▼

Steamed Parsnips

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Chocolate Banana Marble 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, October 14, 2025

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

SOUPS

Parsnip and Apple (GF/DF/OF/VE) ▼↓

Potato and Kale (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Banger and Mash with Onion Gravy (D)

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

London Broil (GF/D)

Marinated top round steak, Worcestershire, shallots, ginger, and a mushroom and leek sauce.

Tempeh London Broil (GF/DF/VE)

Marinated tempeh, Worcestershire, shallots, ginger, mushrooms, and leeks.

SIDES

Mashed Potatoes (GF/D)

Creamed Kale (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

Chocolate Banana Marble Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, October 15, 2025

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

SOUPS

Cock-a-Leekie (GF/D) ♦

Fall Garden Vegetable (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Turkey Fricassee (D) ♦

Turkey, butter, onions, carrots, flour, peas and heavy cream.

Creole Beef (GF/DF) ♦

Chuck roast, onion, celery, peppers, garlic, Cajun spices, creole seasoning, paprika, garlic powder, oregano, thyme, and tomatoes.

Soy Curl Fricassee (GF/DF/OF/VE)

Soy curls, onions, celery, carrots, vegetable stock, peas, coconut milk and cornstarch.

SIDES

Smashed Red Bliss Potatoes (GF/D)

Lemon and Dill Roasted Carrots (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

Raspberry White Chocolate Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, October 16, 2025

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

SOUPS

Bean and Bacon (GF/DF)

Carrot, Fennel and Potato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Chicken Cacciatore (D)

Chicken thighs, flour, onions, green peppers, garlic, mushrooms, tomatoes, thyme, oregano, red pepper flakes, and basil.

Pork Piccata (D) ♦

Pork loin, egg, flour, parmesan, lemon, and capers.

Vegan Gardein Piccata (GF/DF/VE) ♦↓

Mushrooms, tofu, red wine, mushroom broth, carrots, and onions.

SIDES

Penne Pasta (DF) or Gluten-Free Penne Pasta (GF/DF)

Roasted Cauliflower with Pine Nuts and Parmesan (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

Cherry Velvet Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, October 17, 2025

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

SOUPS

New England Clam Chowder (D)

Borscht (GF/*DF/OF/VE) ♦↓

***Note Dairy Topping Optional**

Garden Salad Bar

ENTREES

Beef Medallions with Green Peppercorn Sauce (GF/D/A)

Beef, butter, shallots, cream, cognac and green peppercorns.

Salmon with Braised Leeks (GF/D) ♦

Salmon, leeks, garlic, tarragon, lemon, butter, stock.

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

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

SIDES

Herbed Rice Pilaf (GF/DF) ▼↓

Broccoli Amandine (GF/D/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

Pecan Pie (D/Nuts)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, October 18, 2025

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

SOUPS

Chicken and Wild Rice (D)

Creamy Tomato (GF/D/OF/VG)

Garden Salad Bar

ENTREES

Mediterranean Baked Sole (GF/D)

Lemons, capers, cumin, garlic, sole, shallots, butter.

Lamb Shish Kebabs with Mint Yogurt Sauce (GF/D/A)

Lamb, onions, wine, garlic, mint and yogurt.

Crispy Chickpea Stuffed Bell Peppers (GF/DF/OF/VE) ↓

Chickpeas, red peppers, brown rice, onions, carrots, and garlic.

SIDES

Turmeric Rice Pilaf (GF/DF) ↓

Stewed Okra (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

Pecan Pie (D/Nuts)

Mixed Fruit

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