

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, October 6, 2025

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

SOUPS

Chicken Noodle (DF) ↓

Butternut Squash (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Pork Tenderloin with Honey Garlic Sauce (GF/D) ↓

Pork tenderloin, ginger, sesame oil, honey, and garlic.

Roasted Shrimp in Tomato Cream (GF/D/A) ♦

Butter, shrimp, onion, shallot, carrot, celery, garlic, tomato, white wine, and cream.

Roasted Cauliflower Steaks with Romesco (GF/DF/OF/VE/Nuts)

Roasted cauliflower steak, red pepper, tomato, garlic, zucchini puree and almond sauce..

SIDES

Rosemary Roasted Delicata Squash ♦▼

Braised Kale ♦▼

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Creme Brulée Cheesecake (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 7, 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

Braised Moroccan Chicken Thighs (GF/DF)

Chicken thighs, celery, onions, carrots, ginger, coriander, cumin, turmeric, bay leaves, cinnamon, chicken broth, raisins, and parsley.

Moroccan Style Baked Cod (GF/DF) ♦↓

Cod, garlic, tomato, red peppers, chickpeas, cilantro, paprika, and lemon.

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

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

SIDES

Spiced Couscous (DF) ↓

Moroccan Stewed Zucchini (GF/DF) ♦

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

Crème Brûlée Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, October 8, 2025

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

SOUPS

Creamy Potato and Bacon (D)

Creamy Sweet Potato and Apple (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Breast Puttanesca (GF/DF/A) ♦↓

Onion, chicken breast, garlic, white wine, tomatoes, capers, anchovy, olives, red pepper flakes, oregano, and basil.

Beef Medallions with Pistachio Gremolata (GF/DF/Nuts) ♦

Beef, pistachios, tarragon, lemon zest, and parsley.

Vegan Chickpea Puttanesca (GF/DF/OF/VE/A) ↓

Red onion, garlic, eggplant, red pepper, chickpeas, tomatoes, thyme, oregano, red wine, capers, olives, and basil.

SIDES

Spaghetti Cacio E Pepe (D) 1

Herb Roasted Nightshades (GF/D) ♦ 1

Steamed Asparagus 1

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Boston Cream Pie (D) 3

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, October 9, 2025

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

SOUPS

Zuppa Toscana (D)

Zesty Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Beef Bourguignon (DF/A) ♦

Chuck beef, bacon, onions, marinara sauce, red wine, and mushrooms.

Grilled Salmon with Orange Saffron Butter (GF/D) ♦

Salmon, butter, garlic, saffron, orange zest, and orange juice.

Vegan Bourguignon (GF/DF/OF/VE/A) ♦↓

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

SIDES

Roasted Fingerling Potatoes (GF/DF)

Creamed Peas (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

Lemon Cream Torte (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, October 10, 2025

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

SOUPS

Manhattan Clam Chowder (GF/D) ♦↓

Cabbage and Potato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Honey and Orange Glazed Chicken Thighs (GF/D) ♦

Chicken thighs, butter, garlic, ginger, orange, honey, and zest.

Lemon and Garlic Baked Sole (GF/DF) ♦

Lemon, garlic, and sole

Vegan Stuffed Delicata Squash (GF/DF/OF/VE) ↓

Squash, navy bean, carrot, leek, bay leaf, thyme, spinach, tomatoes, onion, garlic, basil, and thyme.

SIDES

Scalloped Potatoes (GF/D)

Carrots Vichy (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

Pumpkin Pie (D)

Mixed Fruit

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Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, October 11, 2025

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

SOUPS

Broccoli Cheddar (D)

Red Pepper and Tomato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Garlic Pepper Pork Loin (GF/DF) ♦

Pork loin, garlic and pepper.

Middle Eastern Braised Lamb (GF/DF) ♦

Leg of lamb, cumin, coriander, turmeric, onion powder, cinnamon, and tomatoes.

White Bean and Kale Ragout (GF/DF/OF/VE) ↓

Onions, garlic, lacinato kale, fire roasted tomatoes, red chili, white beans,

NOTE: Parmesan Topping Optional

SIDES

Roasted Harissa Sesame Sweet Potatoes (GF/DF)

Spiced Roasted Cauliflower (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

Pumpkin Pie

Mixed Fruit

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