

Daily Specials ~ Monday, October 6, 2025

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

SOUPS & SALAD

Chicken Noodle (DF) ↓

Butternut Squash (GF/DF/OF/VE)

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Caesar Wrap (D)

Grilled chicken, romaine, cherry tomatoes, crouton, parmesan and Caesar dressing.

Vegan Gardein Chicken Caesar Wrap (DF/VE)

Artichoke hearts, chickpeas, romaine, cherry tomatoes, vegan parmesan, vegan Caesar dressing.

DESSERTS

Fig Crumble Bar (D)

Mixed Fruit

WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Tuesday, October 7, 2025

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

SOUPS & SALAD

Savory Mushroom (GF/DF/OF/VE/A) ♦▼↓

Beet, Fennel and Ginger (GF/DF/OF/VE) ♦↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chipotle Chicken Quesadilla (D)

Seasoned rotisserie chicken, chipotle sauce, cheese blend, tortilla, and optional sour cream, guacamole, and salsa on the side.

Cumin Roasted Squash Quesadilla (DF/VE)

Cumin, squash, onions, garlic, tortilla, cilantro, vegan cheese, and optional sour cream (D), guacamole, and salsa on the side.

DESSERTS

Fig Crumble Bar (D)

Mixed Fruit

Daily Specials ~ Wednesday, October 8, 2025

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

SOUPS & SALAD

Creamy Potato and Bacon (D)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Mushrooms and Ground Chicken (GF/DF)

Chicken, mushrooms, cabbage, red pepper, green peppers, jasmine rice, and stir-fry sauce.

Mushrooms and Soy Curls (GF/DF/VE)

Soy curls, mushrooms, cabbage, red pepper, green peppers, jasmine rice, stir-fry sauce.

DESSERTS

Chewy Ginger Cookie (D)

Mixed Fruit

WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Thursday, October 9, 2025

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

SOUPS & SALAD

Zuppa Toscana (D)

Zesty Bean (GF/DF/OF/VE) ↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Turkey Tetrazzini (D/A)

Turkey, butter, onions, celery, mushrooms, wine, peas,
mushrooms, cheese and egg noodles.

Soy Curl Tetrazzini (GF/DF/OF/VE/A)

Vegan country mushroom gravy (shallots, garlic, thyme,
mushrooms, mushroom, stock, rice flour, nutritional
yeast), soy curls, onion, celery, carrots, red peppers, peas,
garlic, wine, GF chickpea pasta, quinoa, and parsley.

DESSERTS

Chewy Ginger Cookies (D)

Mixed Fruit

WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

Daily Specials ~ Friday, October 10, 2025

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

SOUPS & SALAD

Manhattan Clam Chowder (GF/D) ♦↓

Cabbage and Potato (GF/DF/OF/VE) ♦↓

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Fall Harvest Salad with Carmelized Apple Vinaigrette (GF/D)

Shaved Brussels sprouts, arugula, dried cranberries, pepitas, red onions, ricotta, and apple cider vinaigrette.

DESSERTS

Peanut Butter Chocolate Chip Cookies (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

Daily Specials ~ Saturday, October 11, 2025

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

SOUPS & SALAD

Broccoli Cheddar (D)

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

Chili (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Beef and Cheddar Rice Stuffed Peppers (GF/D)

Green bell peppers, rice, ground beef, marinara sauce and cheese.

Impossible "Beef" Stuffed Peppers (GF/D/VG)

Impossible beef, green peppers, rice, marinara sauce and cheese.

DESSERTS

Peanut Butter Chocolate Chip Cookies (D/Nuts)

Mixed Fruit