

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, January 26, 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

Teriyaki Chicken (GF/DF) ♦

Chicken thighs, brown sugar, soy sauce, rice vinegar, sesame oil, ginger, and garlic.

Cilantro Citrus Shrimp (GF/DF) ♦

Shrimp, lime juice, orange juice, lime zest, cilantro and olive oil.

Lemongrass and Garlic Grilled Tofu (GF/DF/OF/VE/A)

Tofu, lemongrass, onions, lime, mirin, soy sauce, and cilantro.

SIDES

Cilantro Lime Rice (GF/DF/OF/VE) ▼↓

Sesame Garlic Broccoli (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

Chocolate Chip Mousse 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, January 27, 2025

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

SOUPS

Beef Stroganoff (D)

Celery Soup (GF/DF/OF/VE/Nuts) ♦▼↓

Garden Salad Bar

ENTREES

Salmon with Tomato Cream Sauce (GF/D/A) ♦

Salmon, butter, shallots, garlic, white wine, tomatoes, kale, cream, parmesan, and thyme.

Tuscan Grilled Flank Steak with Chimichurri (GF/DF) ♦

Flank steak, lime, garlic, shallots, oregano, and lemon.

Tuscan Grilled Tempeh with Chimichurri (GF/DF/VE) ♦▼

Tempeh, lime, garlic, shallots, oregano, and lemon.

SIDES

Parmesan and Black Pepper Rice Pilaf (GF/D) ↓

Roasted Broccoli with Pine Nuts and Parmesan (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

Chocolate Chip Mousse Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, January 28, 2025

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

SOUPS

Turkey and Wild Rice (GF/D) ♦

Cashew Pea (GF/DF/OF/VE/Nuts) ▼↓

Garden Salad Bar

ENTREES

Chicken and Shish Kebabs (GF/D) ♦

Chicken, onions, garlic, tomato, yogurt, lemon, and paprika.

Moroccan Style Baked Cod (GF/DF) ▼↓

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

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

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

SIDES

Spiced Couscous (DF) ↓

Moroccan Stewed Zucchini (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

Dulce de Leche Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, January 29, 2025

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

SOUPS

Chicken Tikka Masala (GF/DF) ▼

Mulligatawny (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Chicken Mole (GF/DF/Nuts)

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

Lamb Barbacoa (GF/DF) ◆

Lamb, onion, peppers, garlic, chili powder, oregano, and apple cider vinegar.

Black Bean and Rice Stuffed Peppers (GF/DF/OF/VE)

Green peppers, quinoa, black beans, cumin and oregano.

SIDES

Lima Bean and Hominy Saute (GF/DF)

Roasted Brussels Sprouts (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

Blueberry Velvet Cake (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, January 30, 2025

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

SOUPS

New England Clam Chowder (D)

White Bean and Escarole (GF/DF/OF/VE/A) ▼↓

Garden Salad Bar

ENTREES

Turkey Fricassee (D) ♦

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

Yankee Pot Roast (GF/DF/A) ♦

Chuck roast, onions, carrots, paprika, and red wine.

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

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

SIDES

Mashed Potatoes (GF/D)

Lemon and Dill Roasted Carrots (GF/D) ♦

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Apple Pie (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Saturday, January 30, 2025

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

SOUPS

Chicken and Dumpling (D)

Zesty Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Mushroom Braised Pork Chop (D/A) ♦

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

Beef Bourguignon (DF/A) ♦

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

Vegan Bourguignon (GF/DF/OF/VE/A) ♦↓

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

SIDES

Roasted Fingerling Potatoes (GF/DF)

Kale Gratin (D) ♦▼

Steamed Peas

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Apple Pie (D)

Mixed Fruit

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