

# WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Monday, January 12, 2025

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

### SOUPS

Navy Bean and Ham (GF/D) ↓

Thai Coconut and Tomato (GF/DF/OF/VE) ♦

Garden Salad Bar

### ENTREES

Bangers and Mash and Onions Gravy (D)

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

Honey Glazed Salmon (GF/D) ♦

Salmon, butter, ginger, Dijon, honey, and chives.

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

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

### SIDES

Mashed Potatoes (GF/D)

Buttered Peas and 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

Turtle Cheesecake (D.Nuts)

Mixed Fruit

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(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 13, 2025

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

### SOUPS

**Albondigas (GF/DF) ♦**

**Black Bean (GF/DF/OF/VE) ↓**

**Garden Salad Bar**

### ENTREES

**Cilantro Lime Marinated Chicken (GF/DF/A)**

Chicken thighs, sherry, garlic, red peppers flakes, sesame oil, and lime.

**Cuban Pork Roast (GF/DF)**

Pork roast, citrus juice, onions, and cilantro.

**Vegan Picadillo (GF/DF/VE)**

Impossible meat, onions, oregano, cumin, fire roasted tomatoes, kidney beans, potatoes, and raisins. Served with flour tortillas.

### SIDES

**Cilantro Lime Rice (GF/DF/OF/VE) ▼↓**

**Calabacitas (GF/\*D) \*Dairy Optional**

**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

**Turtle Cheesecake (D)**

**Mixed Fruit**

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Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Wednesday, January 14, 2025

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

### SOUPS

**Beef Barley (DF) ↓**

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

**Garden Salad Bar**

### ENTREES

**Lemon and Garlic Baked Cod (GF/D)**

Cod baked with butter, lemon zest, garlic, and paprika.

**Roasted Pork Tenderloin with Creamy Dijon Sauce (GF/D)**

Pork tenderloin, Dijon mustard, and cream.

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

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

### SIDES

**Herb Roasted Red Potatoes (GF/DF) ▼**

**Honey Ginger Roasted Carrots (GF/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 Mint Cream Pie (D)**

**Mixed Fruit**

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Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Thursday, January 15, 2025

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

### SOUPS

**Bacon and Butternut Squash (D)**

**Golden Garlic and Cauliflower (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Creole Beef (GF/DF) ♦**

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

**Shrimp and Grits (D)**

Shrimp, grits, bacon, onion, bell pepper, tomato, and cream.

**Vegan Jambalaya (GF/DF/VE)**

Onion, green peppers, scallions, garlic, tofu, tomatoes, thyme, and rice.

### SIDES

**Cajun Rice (GF/DF) ▼↓**

**Maque Choux (GF/D)**

**Steamed Corn**

**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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Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Friday, January 16, 2025

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

### SOUPS

**Manhattan Clam Chowder (GF/D) ♦↓**

**Curried Lentil and Apricot (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Chicken Marbella (GF/DF/A)**

Bone-in chicken thighs, prunes, green olives, garlic, oregano, white wine, and parsley.

**Herb Baked Sole (GF/D) ♦**

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

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

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

### SIDES

**Almond Rice Pilaf (GF/DF/Nuts) ▼↓**

**Roasted Broccoli (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

**Marionberry Pie (D)**

**Mixed Fruit**

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# WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

## Dinner Specials ~ Saturday, January 17, 2025

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

### SOUPS

Chicken and Wild Rice (D)

Roasted Tomato (GF/DF/OF/VE) ♦↓

Garden Salad Bar

### ENTREES

Creamy Tuscan Chicken (GF/D) ♦

Chicken breasts, garlic, rosemary, vinegar, olive oil, butter, tomatoes, and shallots.

Lamb Puttanesca (GF/DF/A) ♦

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

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

Red onions, garlic, eggplant, red peppers, chickpeas, tomatoes, thyme, oregano, red wine, capers, olives, and basil.

### SIDES

Penne (DF) or Chickpea Penne (GF/DF)

Green Beans with Fondued Tomatoes (GF/DF)

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

Marionberry Pie (D)

Mixed Fruit

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