

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

(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

(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 ~ 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

(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 ~ 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

(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 ~ 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

(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 ~ 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

(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