

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, January 19, 2025

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

SOUPS

Lentil and Spanish Chorizo (GF/DF) ♦

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

Garden Salad Bar

ENTREES

Pork Piccata (D) ♦

Pork loin, egg, flour, parmesan, lemon, and capers.

Shrimp Scampi (GF/D/A)

Shrimp, garlic, thyme, butter, white wine, lemon, and parsley.

Cauliflower Steaks with Lemon Caper Sauce (GF/DF/OF/VE)

Cauliflower, dill, capers, shallots and lemon.

SIDES

Penne Pasta (DF) or Gluten-Free Penne Pasta (GF/DF)

Roasted Brussels Sprouts (GF/DF) ♦

Steamed Asparagus

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Lemonade Layer 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 20, 2025

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

SOUPS

Beef and Vegetable (GF/DF)

Asparagus and Edamame (GF/DF/OF/VE) ♦↓

Garden Salad Bar

ENTREES

Chicken Pastitsio (D/A)

Chicken, onions, garlic, mushrooms, cinnamon, wine, tomatoes, penne pasta, and bechamel sauce.

Apple Cider Braised Beef (GF/DF)

Beef braised in cinnamon, bay leaf, rosemary, thyme, garlic, apple, onion, stock, and apple cider.

Vegan Pastitsio (GF/DF/VE/A)

Vegan butter, onions, garlic, mushrooms, cinnamon, red wine, tomatoes, lentils, GF penne, and soy milk.

SIDES

Garlic Roasted Potatoes (GF/DF/OF/VE) ↓

Creamed Peas (D) ▼

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

Lemonade Layer 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 ~ Wednesday, January 21, 2025

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

SOUPS

Broccoli and Cheddar (D)

Black-Eyed Pea (GF/DF/OF/VE) ◆▼

Garden Salad Bar

ENTREES

Asian BBQ Glazed Chicken Thighs (GF/DF/A)

Chicken legs, molasses, ketchup, five spice, sesame oil, ginger, sherry, hoisin, and apricot puree.

Bourbon Roasted Pork Loin (GF/DF/A)

Pork loin, whiskey, brown sugar, honey, sriracha, onions and apples.

Bourbon Roasted Tofu (GF/DF/OF/VE/A)

Tofu, whiskey, mustard, brown sugar, sriracha, onion, and apple.

SIDES

Jasmine Rice (GF/DF/OF/VE) ▼▼

Cold Asian Green Bean Salad (GF/DF/VE) ◆▼

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 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 ~ Thursday, January 22, 2025

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

SOUPS

Chicken Orzo (D)

Creamy Chickpea (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Chicken Thigh Cacciatore (D)

Chicken thighs, flour, onions, green peppers, garlic, mushrooms, tomatoes, thyme, oregano, red pepper flakes, and basil.

Balsamic Basil Marinated Flank Steak (GF/DF)

Flank steak, balsamic, and basil.

Balsamic Grilled Portobello Mushroom (GF/DF/OF/VE)

Portobello, green onions, cornstarch, balsamic vinegar, vegan

Worcestershire, brown sugar, rosemary, garlic, and black pepper.

SIDES

Boursin Mashed Potatoes (GF/D) 1

Herb Roasted Nightshades (GF/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

Chocolate Peanut Butter Cake (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 ~ Friday, January 23, 2025

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

SOUPS

Shrimp and Corn Chowder (D)

Three Bean (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Thai Shrimp Curry (GF/DF)

Lemongrass, cilantro, lime, coconut milk, tomatoes, garlic, ginger, shallots, curry, and shrimp.

Beef Curry (GF/DF)

Beef, onions, tomatoes, coconut milk and cilantro.

Grilled Vegetables and Tofu Coconut Curry (GF/DF/OF/VE/A) ◆▼

Assorted vegetables, shallots, tofu, wine, coconut milk, and nutritional yeast.

SIDES

Turmeric Rice Pilaf (GF/DF) ↓

Orange and Tahini Glazed Carrots (GF/DF/VE) ▼

Steamed Parsnips

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Cherry 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 24, 2025

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

SOUPS

Tomato Florentine with Pasta (D) ♦↓

Creamy Carrot and Coriander (GF/DF/OF/VE)

Garden Salad Bar

ENTREES

Lamb Moussaka (D) ♦

A layered casserole of eggplant, lamb, tomatoes, and bechamel sauce.

Sole Oreganata (GF/D) ♦↓

Sole, sauteed onions, basil, and oregano.

Vegan Moussaka (GF/DF/OF/VE)

Lentils, tomato sauce, oregano, eggplant, vegan bechamel and Rice-Chex.

SIDES

Garlic and Herb Quinoa (GF/DF)

Stewed Cauliflower (GF/DF) ♦

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Cherry 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