

# 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**

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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 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**

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## 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

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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**

# 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**

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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**

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