

# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Monday, January 12, 2025

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

### SOUPS & SALAD

**Navy Bean and Ham (GF/D) ↓**

**Thai Coconut and Tomato (GF/DF/OF/VE) ↓**

**Chili (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Chicken Caesar Salad Wrap (D)**

Grilled chicken, romaine, cherry tomatoes, crouton, parmesan and Caesar dressing (contains anchovies).

**Vegan Caesar Salad Wrap (DF/VE)**

Artichoke hearts, chickpeas, romaine, cherry tomatoes, vegan parmesan, and vegan Caesar dressing.

### DESSERTS

**Cherry Crumble Bar (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

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Tuesday, January 13, 2025

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

### SOUPS & SALAD

**Albondigas (GF/DF) ♦**

**Black Bean (GF/DF/OF/VE) ↓**

**Chili (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Ground Beef Taco (D)**

Beef, lime juice, cumin, onion, bell peppers, tomatoes, served in a soft flour tortilla, with sour cream, salsa, cheese and guacamole on the side. Served with Ranchero beans and Spanish rice.

**Impossible Ground Beef Tacos (D/VG)**

Impossible beef, lime juice, cumin, onion, bell peppers, tomatoes, served in a soft flour tortilla, with sour cream, salsa, cheese and guacamole on the side. Served with ranchero beans, and Spanish Rice.

### DESSERTS

**Cherry Crumble Bar (D)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Wednesday, January 14, 2025

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

### SOUPS & SALAD

**Beef Barley (DF) ↓**

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

**Chili (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Japanese Pepper Steak Stir-fry (GF/DF/A)**

Beef, red pepper, green pepper, bamboo shoots, ginger root, sake, stir-fry sauce, and jasmine rice.

**Japanese Pepper Soy Curl Stir-Fry (GF/DF/VE/A) )**

Soy curls, red pepper, green peppers, bamboo shoots, ginger root, sake, stir-fry sauce, and jasmine rice.

### DESSERTS

**Chocolate Chip Cookies (D)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Thursday, January 15, 2025

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

### SOUPS & SALAD

**Bacon and Butternut Squash (D)**

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

**Chili (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Creamy Ham and Gouda Macaroni and Cheese (D)**

Macaroni, ham, Gouda, cheddar, gruyere, parmesan, bechamel sauce, chives, and butter.

**Vegan Bacon and Gouda Macaroni and Cheese**

**(GF/DF/VE)**

Vegan butter, vegan gouda, coconut milk, rice flour, Dijon, nutritional yeast, Rice-Chex, and mushrooms.

### DESSERTS

**Chocolate Chip Cookies (D)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Friday, January 16, 2025

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

### SOUPS & SALAD

**Manhattan Clam Chowder (GF/D) ♦♦**

**Curried Lentil and Apricot (GF/DF/OF/VE) 3/5**

**Chili (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Bay Shrimp Louie (GF/DF)**

Iceberg lettuce, shrimp, egg, tomato, asparagus, avocado, and Louie dressing.

**Marinated Chickpea Louie (GF/DF/VG)**

Iceberg lettuce, marinated chickpeas, egg, tomato, asparagus, avocado, and Louie dressing.

### DESSERTS

**Pistachio White Chocolate Chip Bar (D/Nuts)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Saturday, January 17, 2025

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

### SOUPS & SALAD

**Chicken and Wild Rice (D)**

**Roasted Tomato (GF/DF/OF/VE) ♦▼**

**Chili (GF/DF/OF/VE)**

**Garden Salad Bar**

### ENTREES

**Mexican Beef and Corn Casserole (GF/D)**

Seasoned ground beef, corn tortillas, black beans, corn, salsa, cheddar cheese, black olives, and side of salsa, and sour cream.

**Mexican Impossible Beef and Corn Casserole (GF/DF/VE)**

Seasoned Impossible beef, black beans, corn, salsa, vegan cheese, black olives, and side of salsa.

### DESSERTS

**Pistachio White Chocolate Chip Bar (D/Nuts)**

**Mixed Fruit**