

WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Monday, February 9, 2026

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

SOUPS

African Peanut (GF/DF/OF/VE/Nuts)

Carrot and Tomato (GF/DF/OF/VE) ♦

Garden Salad Bar

ENTREES

Beef Medallions with Maple and Soy Glaze (GF/DF)

Seasoned beef, maple syrup, mustard, red chili flakes, and soy sauce.

Steamed Cod Over Napa Cabbage (GF/DF/A) ♦↓

Cod, cabbage, onions, red peppers, cilantro, green onions, ginger, wine, sesame oil, and soy sauce.

Vegan Sticky Tofu (GF/DF/OF/VE)

Tofu, rice vinegar, sugar, tomato paste, soy sauce, cornstarch, and sesame seeds.

SIDES

Five-Spice Roasted Sweet Potatoes (GF/DF)

Roasted Edamame Succotash (GF/DF/A)

Steamed Brussel Sprouts

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Key Lime 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 ~ Tuesday, February 10, 2026

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

SOUPS

Cock-a-Leekie (GF/D) ♦

Golden Beet (GF/DF/OF/VE) ↓

Garden Salad Bar

ENTREES

Garlic Pepper Pork Loin (GF/DF) ♦

Pork loin, garlic and pepper.

Lemon and Garlic Baked Sole (GF/DF) ♦

Beef, onion, garlic, carrot, tomato, wine and honey.

White Bean Stuffed Portobello (GF/DF/OF/VE) ↓

Portobello mushrooms, white beans, onions, leeks, celery, garlic, turmeric, kale, spinach, artichoke hearts, and tomatoes.

SIDES

Pine-Nut and Basil Rice Pilaf (GF/DF/OF/VE/Nuts) ↓

Carrots Amandine (GF/D/VG/Nuts) ♦▼

Steamed Broccoli

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Key Lime Pie (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Wednesday, February 11, 2026

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

SOUPS

Beef Noodle (DF)

Celery Root and Potato (GF/DF/OF/VE) ♦♦

Garden Salad Bar

ENTREES

Chicken Cacciatore (D)

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

Beef and Italian Sausage Lasagna (D)

Marinara sauce, pork, ground beef, ricotta cheese, parmesan, and egg noodles.

Eggplant Marsala (GF/DF/VE/A)

Eggplant, gluten free flour, egg white replacer, rice chex, garlic, onions, mushrooms, salt, thyme, and marsala.

SIDES

Roasted Fingerling Potatoes (GF/DF) 1

Lemon and Thyme Roasted Vegetables (GF/DF) 1

Steamed Cauliflower 1

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Bourbon Pecan Pie (D/A)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Thursday, February 12, 2026

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

SOUPS

Creamy Chicken Alfredo (D)

Curried Parsnip (GF/DF/OF/VE/Nuts) ↓

Garden Salad Bar

ENTREES

Creamy Lemon Pepper Chicken (GF/DF)

Chicken, brown sugar, lemon pepper, and mustard.

Cider Braised Pork (GF/DF) ♦

Pork shoulder, apple cider, cinnamon, garlic, apples, and onions.

Roasted Cauliflower Steaks with Mushroom Gravy (GF/DF/OF/VE) ↓

Cauliflower steaks, shallots, garlic, thyme, mushrooms, brown rice flour, and nutritional yeast.

SIDES

Mushroom Quinoa (GF/DF/OF/VE) ♦▼↓

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

Tiramisu (D)

Mixed Fruit

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WATERFALLS

Dinner: Monday - Saturday, 4 pm - 7 pm

Dinner Specials ~ Friday, February 13, 2026

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

SOUPS

New England Clam Chowder (D)

Kale and White Bean (GF/*DF/OF/VE/A) ↓

***Note: Parmesan Topping Optional**

Garden Salad Bar

ENTREES

Asian Glazed Pork Tenderloin (GF/DF/A) ◆↓

Molasses, ketchup, five spice, sesame oil, ginger, sherry, hoisin, apricot puree, and soy sauce.

Firecracker Shrimp (GF/DF/A) ◆

Pork chops, flour, garlic powder, paprika, parsley, butter, onions, stock, parmesan, and milk.

Mapo Tofu with Shiitake Mushrooms (GF/DF/OF/VE/A) ◆

Apples, Rice-Chex, garlic, onions, celery, squash, tempeh, sage, thyme, and pine nuts.

SIDES

Jasmine Rice (GF/DF/OF/VE) ▼↓

Soy-Braised Greens (GF/DF/VE/A) ◆▼↓

Steamed Cabbage

Baked Potato or Baked Sweet Potato

Brown Rice

Steamed Carrots or Steamed Spinach

Legume of the Day

Dinner Roll or Cornbread

DESSERTS

Tiramisu (D)

Mixed Fruit

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