

# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Monday, February 9, 2026

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

### SOUPS & SALAD

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

**Carrot and Tomato (GF/DF/OF/VE) ♦**

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

**Garden Salad Bar**

### ENTREES

**BBQ Pulled Pork Sandwiches with Mustard Slaw (\*DF)**

Slow roasted pulled pork and tangy mustard slaw on a bun.

Note: Bun contains Gluten and Dairy

Gluten-Free and Dairy-Free Bun Available on Request

**BBQ Jackfruit Sandwiches with Mustard Slaw (\*DF/VE)**

Slow roasted pulled pork and tangy mustard slaw on a bun.

Note: Bun contains Gluten and Dairy

Gluten-Free and Dairy-Free Bun Available on Request

### DESSERTS

**Strawberry 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, February 10, 2026

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

### SOUPS & SALAD

**Cock-a-Leekie (GF/D) ♦**  
**Golden Beet (GF/DF/OF/VE) ▾**  
**Chili (GF/DF/OF/VE)**  
**Garden Salad Bar**

### ENTREES

#### **Grilled Chicken Fajitas (D)**

Chicken thighs, red bell peppers, green peppers, yellow onions, cilantro, lime, flour tortilla. Sour Cream, salsa and cheese on the side. Served with arroz amarillo and seasoned black beans.

#### **Soy Curl Fajitas (D/VG)**

Soy curls, bell peppers, onions, cilantro, limes, flour tortillas, served with sour cream, salsa, shredded cheddar. Served with seasoned black beans and arroz amarillo.

### DESSERTS

**Strawberry Crumble Bars (D)**

**Mixed Fruit**

# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Wednesday, February 11, 2026

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

### SOUPS & SALAD

**Beef Noodle (DF)**

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

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

**Garden Salad Bar**

### ENTREES

**Almond Chicken Stir-Fry (GF/DF/Nuts)**

Chicken breasts, almonds, onions, water chestnuts, jasmine rice and stir-fry sauce.

**Almond Soy Curl Stir-Fry (GF/DF/VE/Nuts)**

Yakisoba noodles, soy curls, cabbage, celery, carrots, onions, and stir fry sauce.

### DESSERTS

**Sugar Cookie (D)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Thursday, February 12, 2026

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

### SOUPS & SALAD

**Creamy Chicken Alfredo (D)**

**Curried Parsnip (GF/DF/OF/VE/Nuts) ↓**

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

**Garden Salad Bar**

### ENTREES

**Beef Johnny Marzetti (D)**

Ground beef, yellow onion, green pepper, tomato sauce, Worcestershire, macaroni, and cheddar cheese.

**Vegan Impossible Beef Johnny Marzetti (GF/DF/VE)**

Impossible beef, yellow onions, green pepper, tomato sauce, and gluten-free macaroni.

### DESSERTS

**Sugar Cookies (D)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Friday, February 13, 2026

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

### SOUPS & SALAD

**New England Clam Chowder (D) 3**

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

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

**Garden Salad Bar**

### ENTREES

**Five-Spice Chicken Salad (GF/DF/Nuts)**

Five-spice marinated grilled chicken breast, spinach, red cabbage, arugula, red peppers, carrots, green onions, sesame seeds, cashews, and miso sesame dressing.

**Five-Spice Soy Curl Salad (GF/DF/VE/Nuts)**

Five-spice marinated soy curls, spinach, red cabbage, arugula, red peppers, carrots, green onions, sesame seeds, cashews, and miso sesame dressing.

### DESSERTS

**Toffee Crunch Blondie (D/Nuts)**

**Mixed Fruit**

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# WATERFALLS

Lunch: Monday - Saturday, 11 am - 2 pm

## Daily Specials ~ Saturday, February 14, 2026

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

### SOUPS & SALAD

**Ultimate Baked Potato (D)**

**Sweet Potato Chowder (GF/DF/OF/VE) ↓**

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

**Garden Salad Bar**

### ENTREES

**Chicken Gyro (D)**

Marinated chicken, romaine, tomatoes, red onions, cucumbers, feta cheese, and creamy cucumber dressing.

**Soy Curl Gyro (D/VG)**

Marinated soy curls, romaine, tomatoes, red onions, cucumbers, feta cheese, and creamy cucumber dressing, and pita bread.

### DESSERTS

**Toffee Crunch Blondie (D/Nuts)**

**Mixed Fruit**