

WATERFALLS

Dinner Menu • Monday, April 29, 2024

12 Credits

Starters

Bacon and Butternut (D)

Three Bean (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Thyme and Leek Braised Chicken Thighs (GF/D/A)

Chicken thighs, onions, celery, carrots, garlic, white wine, cream, and chicken stock.

Honey Garlic Butter Shrimp (GF/D)

Honey, soy sauce, ginger, garlic, shrimp, and butter.

Vegan Stuffed Zucchini (GF/DF/OF/VE)

Zucchini, chickpeas, vegetable broth, garlic, roasted red peppers, and artichoke hearts.

Sides

Brown Rice Black Cherry Pilaf (GF/DF)

Broccoli Gratin (D)

Steamed Green Beans

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Rainbow Sprinkle Layer Cake (D)

Mixed Fruit

WATERFALLS

Dinner Menu • Tuesday, April 30, 2024

12 Credits

Starters

Pozole with Chorizo (GF/D)

Southwestern Squash (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Apple Cider Braised Beef (GF/DF)

Beef, cinnamon, garlic, apple, onions, stock, and apple cider.

Cod with Garlic, Tomato, and Rosemary (GF/DF)

Cod, rosemary, onions, tomatoes, and garlic.

Couscous Stuffed Portobellos (DF/OF/VE)

Mushrooms, shallots, artichokes, red peppers, thyme, and couscous.

Sides

Garlic Roasted Potato Wedges (GF/DF)

Roasted Cauliflower (GF/DF)

Steamed Broccoli

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Rainbow Sprinkle Layer Cake (D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
(A) Contains Alcohol • (OF) Oil-Free

WATERFALLS

Dinner Menu • Wednesday, May 1, 2024

20 Credits

Starters

Potato and Ham (D)

Vegetable Cabbage (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Lamb Puttanesca (GF/DF/A)

Onions, lamb, garlic, tomato, wine, tomatoes, capers, anchovy, olives, red pepper flakes, oregano, and basil.

Salmon with Pesto Cream (GF/D/Nuts)

Salmon, parmesan, cream, basil, and pine nuts.

Vegan Chickpea Puttanesca (GF/DF/OF/VE/A)

Chickpeas, red onions, garlic, eggplant, red peppers, tomatoes, thyme, oregano, red wine, capers, olives, basil, and vegan parmesan.

Sides

Penne Pasta (DF), or Gluten-Free Penne Pasta

Garlic and Herb Spaghetti Squash (GF/D)

Steamed Asparagus

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Marionberry Cheesecake(D)

Mixed Fruit

(GF) Gluten Free • (VE) Vegan • (VG) Vegetarian • (D) Contains Dairy
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WATERFALLS

Dinner Menu • Thursday, May 2, 2024

12 Credits

Starters

Sausage, Parmesan, and Kale (GF/D)

Spinach and Okra (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Chicken Adobo (GF/DF)

Chicken thighs, peppercorns, garlic, soy sauce, vinegar, onions, jasmine rice

Five Spice Pork Butt (GF/DF/A)

Pork butt, garlic, soy sauce, wine, spices, scallions, jasmine rice,

Tofu Adobo (GF/DF/OF/VE)

Soy sauce, vinegar, garlic, onions, stock, brown sugar, tofu, jasmine rice

Sides

Jasmine Rice (GF/DF)

Honey Ginger Roasted Carrots (GF/D)

Steamed Snap Peas

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Marionberry Cheesecake (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Friday, May 3, 2024

12 Credits

Starters

Manhattan Clam Chowder (D)

Spring Vegetable Quinoa (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Pork Chile Verde (D)

Pork shoulder, onions, garlic, cumin, poblano, jalapenos, tomatillos, cilantro, warm tortillas, and sour cream.

Beef Chile Colorado (DF)

Gaujillo chiles, ancho chiles, onions, oregano, garlic, cumin, beef, and flour.

Vegan Soy Chunk Verde (GF/DF/VE)

Soy chunks, onions, garlic, cumin, poblano, jalapeños, tomatillos, cilantro, warm tortillas, and sour cream

Sides

Cilantro Lime Rice (GF/DF)

Calabacitas (GF/Dairy Optional)

Steamed Zucchini and Yellow Squash

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Strawberry Rhubarb Pie (D)

Mixed Fruit

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WATERFALLS

Dinner Menu • Saturday, May 4, 2024

12 Credits

Starters

Italian Wedding (D)

Tomato Dill (GF/DF/OF/VE)

Garden Salad Bar

Entrees

Pollo Asado (GF/DF)

Chicken thighs, cumin, oregano, orange juice, lime, and achiote paste.

Lamb Machaca (GF/DF)

Lamb, Worcestershire, lime, garlic, green peppers, chilies, jalapeno, oregano, and onions.

Vegan Quinoa and Grilled Vegetable Stuffed Peppers (GF/DF/OF/VE)

Green peppers, quinoa, onions, garlic, zucchini, and red peppers.

Sides

Spanish Rice (GF/D)

Roasted Brussels Sprouts (GF/DF)

Steamed Cauliflower

Baked Potato or Sweet Potato

Brown Rice

Legume of the Day

Dinner Roll or Cornbread Muffin

Dessert

Strawberry Rhubarb Pie (D)

Mixed Fruit

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