



Lunch Menu • Sunday, April 28, 2024

Closed

WATERFALLS

Lunch Menu • Monday, April 29, 2024

8 Credits

Starters

Bacon and Butternut (D)

Three Bean (GF/DF/OF/VE)

House-Made Chili

Garden Salad Bar

Entrees

Chicken Caesar Wrap (D)

Grilled chicken, romaine, cherry tomatoes, croutons, parmesan, and Caesar dressing.

Vegan Caesar Wrap (DF/VE)

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

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Lemon Bar (D)

Mixed Fruit

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

WATERFALLS

Lunch Menu • Tuesday, April 30, 2024

8 Credits

Starters

Pozole with Chorizo (GF/D)

Southwestern Squash (GF/DF/OF/VE)

House-Made Chili

Garden Salad Bar

Entrees

Chicken Fajitas (D)

Chicken thighs, red peppers, green peppers, yellow onions, cilantro, lime, flour tortillas and sour cream, salsa, and cheese on the side.

Soy Curl Fajitas (D/VG)

Soy curls, bell peppers, onions, cilantro, lime, flour tortillas, and sour cream, salsa and cheese on the side.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Lemon Bar (D)

Mixed Fruit

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WATERFALLS

Lunch Menu • Wednesday, May 1, 2024

8 Credits

Starters

Potato and Ham (D)

Vegetable Cabbage (GF/DF/OF/VE)

House-Made Chili

Garden Salad Bar

Entrees

Rice Noodles and Ground Beef (GF/DF)

Rice noodles, beef, assorted vegetables, and stir-fry sauce.

Rice Noodles and Soy Curls (GF/DF/VE)

Rice noodles, assorted vegetables, and stir-fry sauce.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Chocolate Chip Cookies (D)

Mixed Fruit

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WATERFALLS

Lunch Menu • Thursday, May 2, 2024

8 Credits

Starters

Sausage, Parmesan and Kale (GF/D)

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

House-Made Chili

Garden Salad Bar

Entrees

Chicken Alfredo Casserole (D)

Chicken, broccoli, rice, bechamel sauce, parmesan, gruyere, and parsley.

Vegan Broccoli Alfredo Casserole (GF/DF/OF/VE/Nuts)

Broccoli, jasmine rice, celery root, cauliflower, soy curls, shallots, garlic, nutritional yeast, and cashews.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

Chocolate Chip Cookies (D)

Mixed Fruit

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WATERFALLS

Lunch Menu • Friday, May 3, 2024

8 Credits

Starters

Manhattan Clam Chowder (D)

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

House-Made Chili

Garden Salad Bar

Entrees

Chinese Chicken Salad (GF/DF)

Chicken, cabbage, bok choy, snow peas, cilantro, sesame oil, and vinegar.

Chinese Baked Tofu Salad (GF/DF/VE)

Baked tofu, cabbage, bok choy, snow peas, cilantro, sesame oil, and vinegar.

Sides

Brown Rice

Steamed Medley

Steamed Spinach

Roll or Cornbread

Dessert

M&M Blondie (D)

Mixed Fruit

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WATERFALLS

Lunch Menu • Saturday, May 4, 2024

8 Credits

Starters

Italian Wedding (D)

Tomato Dill (GF/DF/OF/VE)

House-Made Chili

Garden Salad Bar

Entrees

Salmon Cakes and Old Bay Slaw (DF)

Salmon, parsley, panko, scallions, celery, red onions, mayo, Dijon, Worcestershire, lemon, cabbage, and mustard.

Chickpea and Artichoke Cakes and Old Bay Slaw (GF/DF/VE)

Chickpeas, artichoke hearts, red peppers, yellow peppers, green peppers, parsley, Dijon, vegan mayo, Rice-Chex, and chickpea flour.

Sides

Brown Rice

Steamed Vegetable Medley

Steamed Spinach

Roll or Cornbread

Dessert

M&M Blondie (D)

Mixed Fruit

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(A) Contains Alcohol • (OF) Oil-Free