

MFB Kitchen & Cafe

by  UNIDINE

April 2023

	4/3 Monday	4/4 Tuesday	4/5 Wednesday	4/6 Thursday	4/7 Friday
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Carve	Meatloaf + Mashed Potatoes	Lemon Thyme Chicken + Rice Pilaf	Kielbasa + Perogies	Teriyaki Chicken Breast + Fried Rice	Fish & Chips
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Soup	 Minestrone	 Lemon Chicken Orzo	Mushroom Barley	<u>FLAVORS</u> 365 Butternut Squash	Chunky Turkey Chili
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Market Deli + The Oven	Ham & Swiss on Pretzel + Pepperoni Pizza	Pesto Chicken Calzone + Chicken Rotini Alfredo	Pesto Veggie Wrap + White Chicken Pizza	3 Meat Pizza + Spaghetti with Meat Sauce	Lasagna + Supreme Pizza
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Spring Thyme

Chef's Table		BYO Nachos	Salmon with Lemon & Thyme + Rice Pilaf	Risotto Bowl	
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Dinner	Meatloaf	Baked Bacon Mac & Cheese	Kielbasa and Squash Casserole	Chicken Stir Fry	Fish & Chips
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A better-for-you choice lower in calories and sodium, high in fiber and good fats.

Open 7 days a week

Breakfast 7 am – 10 am

Lunch 11 am – 2 pm

Monday – Friday Dinner 3 pm – 7 pm