

MFB Kitchen & Cafe

by  UNIDINE

April 2023

	4/17 Monday	4/18 Tuesday	4/19 Wednesday	4/20 Thursday	4/21 Friday
Carve	Beef & Mac Casserole	Grilled Pork Chops + Roasted Redskin	Swedish Meatballs + Mashed Potatoes	Lemon Honey Chicken + Rice Pilaf	Cajun Shrimp
				FLAVORS 365	
Soup	Minestrone	Lemon Chicken Orzo	Mushroom Barley	Butternut Squash	Chunky Turkey Chili
Market Deli + The Oven	Chicken Cordon Blue + Italian Sausage Penne	Italian Wrap + Roasted Veggie Pizza	Portobello Burger + Spaghetti	3 Meat Pizza + White Chicken Calzone	Supreme Pizza + Lasagna
Chef's Table		Fajita Bar			
Dinner	Sheppards Pie	Fajitas	Spaghetti & Meatballs	Chicken & Dumplings	Taco Mac



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