

MFB Kitchen & Cafe

by  UNIDINE

April 2023

4/24
Monday

4/25
Tuesday

4/26
Wednesday

4/27
Thursday

4/28
Friday

Carve

Baked Chicken
+
Sweet Potato

Pot Roast
+
Braised Carrots

Roasted Pork
Loin
+
Roasted Redskins

Chicken Picatta
+
Mashed
Potatoes

Cilantro Lime
Tilapia



FLAVORS
365

Soup

Minestrone

Lemon Chicken
Orzo

Mushroom
Barley

Butternut
Squash

Chunky Turkey
Chili

Market Deli + The Oven

Corned Beef
Rueben
+
Margarita Pizza

Chicken Bacon
Ranch
+
Baked Ziti

Caprese Wrap
+
Supreme Pizza

4 Cheese Pizza
+
Baked Spaghetti

Lasagna
+
Mediterranean
Veggie Pizza

Chef's Table

Taco Bar

Power Bowl

Chili Bar

Dinner

Ham Broccoli
and Cheese
Casserole

Beef Stew

Grilled Chicken
with Spinach &
Cream Sauce

MFB Bowl

Corned Beef
Hash



*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