






MFB Kitchen & Cafe

National Nutrition Month 

March 2023

	3/27 MON	3/28 TUE	3/29 WED	3/30 THU	3/31 FRI
Carve	Baked Chicken + Cheesy Rice Casserole	Pot Roast + Mashed Potatoes	Roasted Pork loin with Spinach Cream Sauce + Roasted Cauliflower	 Lemon N Love Chicken Picatta + Green Bean	Cilantro Lime Tilapia + Rice Pilaf
Soup + Salad Bar	 Minestrone	 Lemon Chicken Orzo	Mushroom Barley + National Nutrition Month Event 11:00 – 2:00	Butternut Squash	Chunky Turkey Chili
Market Deli + The Oven	Corned Beef Rueben + Pepperoni Calzone	Chicken Bacon Ranch + Baked Ziti with Italian Sausage	Cajun Chicken Alfredo + Supreme Pizza	Baked Spaghetti + 4 Cheese Pizza	Mediterranean Veggie Pizza + Lasagna
Chef's Table		Chili Bar		Irish American Heritage Month Promo + Lamb Irish Stew Pie	
Dinner	Ham Broccoli & 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 – 9:30 am
Lunch 11 am – 2 pm
Dinner 3:00 pm – 7:00 pm