

MFB Kitchen & Cafe

January 2024

	1/1 Monday	1/2 Tuesday	1/3 Wednesday	1/4 Thursday	1/5 Friday
Breakfast & Carve		Biscuits and Gravy Pot Roast with Mashed Potatoes and Carrots	Waffle Wednesday Roasted Pork Loin with Spinach Cream Sauce	Biscuits and Gravy Chicken Piccata Superfood: Citrus	BYO Omlette Cilantro Lime Tilapia Superfood: Citrus
Soup	Happy New Year!!		Lemon Chicken and Orzo Superfood: Citrus	Mushroom Barley Butternut Squash	Turkey Chili
Market Deli & The Oven	Café Closed for Holiday		Reuben Meat Lovers Pizza	Chicken, Bacon and Ranch Wrap Cajun Chicken Alfredo	Caprese Wrap 4 Cheese Pizza
					Pepperoni Pizza Chef's Choice Lasagna
Chef's Table		Taco Bar	Power Bowls	Chili Bar	
Dinner		Beef Stew	Grilled Chicken with Spinach Cream Sauce	"MFB" Bowls	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 2 pm-7 pm
 Weekends 7 am-2pm