

MFB Kitchen & Cafe

January 2024

	1/15 Monday	1/16 Tuesday	1/17 Wednesday	1/18 Thursday	1/19 Friday
Breakfast & Carve	B.Y.O. Omlette Grilled BBQ Chicken	Biscuits and Gravy Turkey Sloppy Joes	Waffles Chicken and Sausage Gumbo	Biscuits and Gravy Beef Tips and Noodles	BYO Omlette Shrimp Scampi Superfood: Citrus
Soup	Minestrone Soup	Lemon Chicken and Orzo Superfood: Citrus	Mushroom Barley	Butternut Squash Soup	Turley Chili
Market Deli & The Oven	California Reuben Ham and Pepperoni Pizza	Chicken Salad Wrap Baked Ziti with Meat Sauce	Mediterranean Veggie Wrap Cajun Chicken Alfredo	4 Cheese Pizza Baked Spaghetti	Pepperoni Pizza Lasagna
Chef's Table		BYO Burritos/Bowls	Pasta Bar	Curry Bowls Superfood: Citrus	
Dinner	Buffalo Chicken Mac and Cheese	Turkey Goulash	Gumbo with Rice	Beef Stroganoff	Pizza



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
Feast 2 pm- 7 pm
Weekends 7 am- 2pm