MFB Kitchen & Cafe

January 2024

	1/22 Monday	1/23 Tuesday	1/24 Wednesday	1/25 Thursday	1/26 Friday
Breakfast & Carve	BYO Omlette Cheesy Beef and Macaroni Casserole	Biscuits and Gravy Pork Chops with Honey Garlic Sauce	Waffle Wednesday Swedish Meatballs	Biscuits and Gravy Lemon Honey Chicken Breast Superfood: Citrus	BYO Omlette Cajun Shrimp
Soup	Minestrone	Lemon Chicken and Orzo Superfood: Citrus	·	Butternut Squash	Turkey Chili
Market Deli & The Oven	Pepperoni Pizza Sausage Pene with Tomato Cream Sauce	Chicken Cordon Bleu Sandwich Pesto Chicken Calzone	Italian 3 Meat Sandwich Chicken and Garlic White Pizza	Portobello Mushroom "Burger" 3 Pigs Pizza	Supreme Pizza Lasagna
Chef's Table		Fajita Bar	Eggplant Parmesan	BYO Mac and Cheese	
Dinner	Sheppard's Pie	Fajitas	Spaghetti and Meatballs	Chicken and Dumplings	Taco Mac 7 days a week

A better-for-you choice lower in calories and sodium, high in fiber and good fats.

Breakfast 7 am – 9:30 am
Lunch 11 am – 2 pm
Feast 2 pm-7 pm
Weekends 7 am-2pm