

# MFB Kitchen & Cafe

January 2023

	1/29 Monday	1/30 Tuesday	1/31 Wednesday	2/1 Thursday	2/2 Friday
<b>Breakfast &amp; Carve</b>	BYO Omlette Baked Chicken Thighs	Biscuits and Gravy Pot Roast with Mashed Potatoes and Carrots	Waffle Wednesday Roasted Pork Loin with Spinach Cream Sauce	Biscuits and Gravy Chicken Piccata <b>Superfood: Citrus</b>	BYO Omlette Cilantro Lime Tilapia <b>Superfood: Citrus</b>
<b>Soup</b>	Minestrone	Lemon Chicken and Orzo <b>Superfood: Citrus</b>	Mushroom Barley	Butternut Squash	Turkey Chili
<b>Market Deli &amp; The Oven</b>	Margarita Pizza Chicken and Broccoli Tortellini Alfredo	Reuben Meat Lovers Pizza	Chicken, Bacon and Ranch Wrap Cajun Chicken Alfredo	Caprese Wrap 4 Cheese Pizza	Pepperoni Pizza Chef's Choice Lasagna
<b>Chef's Table</b>		Taco Bar	Power Bowls	Chili Bar	
<b>Dinner</b>	Ham and Broccoli Cheesy Rice Casserole	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