

MFB Kitchen & Cafe

March 2024

3/11
Monday

3/12
Tuesday

3/13
Wednesday

3/14
Thursday

3/15
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

**National Pi Day:
Slices of Pie
available in Grab
and Go**

BYO Omlette

Shrimp Scampi

Soup

Minestrone
Soup

Lemon Chicken
and Orzo

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

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