

MFB Kitchen & Cafe

May 2024

	5/6 Monday	5/7 Tuesday	5/8 Wednesday	5/9 Thursday	5/10 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 National Shrimp Day
Soup	Minestrone Soup Superfood: Leafy Greens	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 Superfood: Leafy Greens Cajun Chicken Alfredo	4 Cheese Pizza Baked Spaghetti	Pepperoni Pizza Lasagna
Chef's Table	Happy Nurses Week!	BYO Burritos/Bowls	Pasta Bar Superfood: Leafy Greens	Curry Bowls	Happy Nurses Week!
Dinner	Buffalo Chicken Mac and Cheese	Turkey Goulash	Gumbo with Rice	Beef Stroganoff	Pizza

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



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