

# MFB Kitchen & Cafe

August 2025

	8/25 Monday	8/26 Tuesday	8/27 Wednesday	8/28 Thursday	8/29 Friday
<b>Breakfast &amp; Carve</b>	BYO Breakfast Bowl  Chipotle Chicken Thighs	Biscuits and Gravy  Grilled Pepper Steak	Waffle Wednesday  Herb Roasted Pork Loin with Roasted Potatoes	Biscuits and Gravy  Chicken Teriyaki w/ Stir-fry Veggies	BYO Omlette  Fish and Chips w/slaw

<b>Soup</b>	White Chicken Chili	Cheeseburger Chowder	Chicken Tortilla	Tomato Basil	Broccoli Cheese
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<b>Market Deli &amp; The Oven</b>	California Reuben  Chicken and Broccoli Tortellini Alfredo	Chicken Salad Wrap  Italian Sausage Penne in Tomato Cream Sauce	Veggie Wrap  Chicken, Bacon and Ranch Cavatappi	BYO Sandwiches  Vegetarian Pasta Primavera	Pepperoni Pizza  Chef's Choice Lasagna
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**Chef's Table**

Nacho Bar

BYO Stir-Fry

BBQ Plates



*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