

MFB Kitchen & Cafe

October 2025

	10/6 Monday	10/7 Tuesday	10/8 Wednesday	10/9 Thursday	10/10 Friday
Breakfast & Carve	B.Y.O. Omlette Bruschetta Chicken w/Wild Rice	Biscuits and Gravy MFB Chicken Bowls	Waffles Blackened Salmon on White Bean Ragout and Lemon Beurre Blanc	Biscuits and Gravy Roasted Chicken Drumsticks	BYO Omlette Pot Roast, Mashed Potatoes and Carrots

Soup

White Chicken
Chili

Cheeseburger
Chowder

Chicken Tortilla

Tomato Basil

Broccoli Cheese

Market Deli & The Oven	Corned Beef Reuben Spaghetti w/Meat Sauce	Chicken, Bacon and Ranch Wrap Penne with Italian Sausage in Tomato Cream Sauce	BYO Sandwich Chicken, Bacon and Ranch Cavatappi	Corned Beef Reubens Pasta Primavera	Pepperoni Pizza Chef's Choice Lasagna
---	---	---	--	---	---

Chef's Table

**Hispanic Heritage
Month!**

Wet Burritos

BYO Chili Bowls

Gyros



*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