

MFB Kitchen & Cafe

October 2025

	10/13 Monday	10/14 Tuesday	10/15 Wednesday	10/16 Thursday	10/17 Friday
Breakfast & Carve	BYO Breakfast Bowl Fried Chicken and Baked Beans	Biscuits and Gravy Pork Chops with Grilled Peach Salsa	Waffles Hand-Carved Beef Brisket with Cabbage and Carrots	Biscuits and Gravy Orange Chicken w/Stir-Fry Veggies	BYO Omlette Crab Cakes with Roasted Corn Salad

Soup

White Chicken Chili

Cheeseburger Chowder

Chicken Tortilla

Tomato Basil

Broccoli Cheese

Market Deli & The Oven	Ham and Swiss on Pretzel Bun Mushroom and Pesto Gnocchi	Buffalo Chicken Salad Baked Ziti	BYO Sandwich Stuffed Shells Florentine	BYO Sandwich Penne w/Vodka Sauce	4 Cheese Pizza Chef's Choice Lasagna
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**Hispanic
Heritage Month!**

Empanadas

Chef's Table

BYO Mac and Cheese

Risotto Bowls



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