

MFB Kitchen & Cafe

Oct. 2025

	10/20 Monday	10/21 Tuesday	10/22 Wednesday	10/23 Thursday	10/24 Friday
Breakfast & Carve	BYO Breakfast Bowl Chipotle Chicken Thighs	Biscuits and Gravy Beef Short Ribs and Sweet Potato Hash	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

Soup

White Chicken Chili

Cheeseburger Chowder

Chicken Tortilla

Tomato Basil

Broccoli Cheese

Market Deli & The Oven	California Reuben Spaghetti with Meat Sauce	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

Tortas

Limited Time Offer:

Butternut Bliss Salad

Loaded French Fry Bar



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