

MFB Kitchen & Cafe

October 2025

	10/27 Monday	10/28 Tuesday	10/29 Wednesday	10/30 Thursday	10/31 Friday
Breakfast & Carve	BYO Breakfast Bowl Meatloaf and Mashed Potatoes	Biscuits and Gravy BBQ Chicken w/ Mac and Cheese	Waffle Wednesday Beef and Broccoli	Biscuits and Gravy Sweet Chili Chicken Lo Mein	BYO Omlette Breakfast for Lunch!
Soup	White Chicken Chili	Cheeseburger Chowder	Chicken Tortilla	Tomato Basil	Broccoli Cheese
Market Deli & The Oven	Chicken Cordon Bleu Sandwich Pesto Glazed Gnocchi with Mushrooms	Italian Sandwich Five Cheese Baked Ziti	BYO Sandwich Stuffed Shells Florentine	3 Pigs Pizza Penne w/Vodka Sauce	Supreme Pizza Chef's Choice Lasagna
Chef's Table		Nachos	Dessert Bar	BYO Salad	Happy Halloween!!



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