

MFB Kitchen & Cafe

January 2026

1/12
Monday

1/13
Tuesday

1/14
Wednesday

1/15
Thursday

1/16
Friday

**Breakfast
&
Carve**

BYO Breakfast
Bowl

Biscuits and
Gravy

Waffles

Biscuits and Gravy

BYO Omlette

Caprese
Chicken with
Wild Rice

Italian Sausage
and Peppers

MFB "Almost
Famous" Bowls

BBQ Ribs

Fish and Chips

Soup

Chicken and
Wild Rice

Three Bean Chili

Loaded Baked
Potato

Butternut Squash
Bisque

Broccoli
Cheese

**Market Deli
&
The Oven**

California
Reuben

Chicken Salad

BYO Sandwich

BYO Sandwich

4 Cheese Pizza

Chicken
Tortellini
Alfredo

Penne with
Italian Sausage
in Tomato
Cream Sauce

Chicken, Bacon
and Ranch Pasta

Chorizo Mac and
Cheese

Chef's Choice
Lasagna

Chef's Table

Walking Tacos

BYO Fried Rice

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