

MFB Kitchen & Cafe

January 2026

1/5
Monday

1/6
Tuesday

1/7
Wednesday

1/8
Thursday

1/9
Friday

**Breakfast
&
Carve**

B.Y.O. Omlette

Biscuits and
Gravy

Meatloaf and
Mashed
Potatoes

Beef and Broccoli

Waffles

BBQ Chicken
with Mac and
Cheese

Biscuits and Gravy

BYO Omlette

Sweet Chili Shrimp
with Fried Rice
and Egg Roll

Chicken Pot Pie

Soup

Chicken and
Wild Rice

Three Bean Chili

Loaded Baked
Potato

Butternut Squash
Bisque

Broccoli Cheese

**Market Deli
&
The Oven**

Honey Mustard
Ham and Swiss

Buffalo Chicken
Wrap

BYO Sandwich

BYO Sandwich

Pepperoni Pizza

Spinach and
Mushroom Orzo

4 Cheese Baked
Penne

Florentine Stuffed
Penne with Vodka
Sauce

Chef's Choice
Lasagna

Chef's Table

Nachos

BYO Loaded
Baked Potato

Chicken Wings



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