

# MFB Kitchen & Cafe

January 2026

|   | 1/5<br>Monday  | 1/6<br>Tuesday   | 1/7<br>Wednesday                                     | 1/8<br>Thursday   | 1/9<br>Friday                                   |
|---|--|--|--|---|---|
| <b>Breakfast<br/>&amp;<br/>Carve</b>      | B.Y.O. Omlette<br><br>Meatloaf and<br>Mashed<br>Potatoes           | Biscuits and<br>Gravy<br><br>Beef and Broccoli         | Waffles<br><br>BBQ Chicken<br>with Mac and<br>Cheese | Biscuits and Gravy<br><br>Sweet Chili Shrimp<br>with Fried Rice<br>and Egg Roll | BYO Omlette<br><br>Chicken Pot Pie              |
| <b>Soup</b>                               | Chicken and<br>Wild Rice   | Three Bean Chili                                       | Loaded Baked<br>Potato                               | Butternut Squash<br>Bisque  | Broccoli Cheese                                 |
| <b>Market Deli<br/>&amp;<br/>The Oven</b> | Honey Mustard<br>Ham and Swiss<br><br>Spinach and<br>Mushroom Orzo | Buffalo Chicken<br>Wrap<br><br>4 Cheese Baked<br>Penne | BYO Sandwich<br><br>Florentine Stuffed<br>Shells     | BYO Sandwich<br><br>Penne with Vodka<br>Sauce                                   | Pepperoni Pizza<br><br>Chef's Choice<br>Lasagna |
| <b>Chef's Table</b>                       |  | Nachos   | BYO Loaded<br>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