

# MFB Kitchen & Cafe

January 2026

	1/19 Monday	1/20 Tuesday	1/21 Wednesday	1/22 Thursday	1/23 Friday
<b>Breakfast &amp; Carve</b>	BYO Breakfast Bowl  Sweet Chili Meatballs	Biscuits and Gravy  Nashville Hot Honey Fried Chicken Sandwich	Waffle Wednesday  Beef Brisket	Biscuits and Gravy  Orange Chicken with Fried Rice and Stir Fry Veggies	BYO Omlette  Herb Grilled Shrimp Skewers

<b>Soup</b>	Chicken and Wild Rice	Three Bean Chili	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
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<b>Market Deli &amp; The Oven</b>	Chicken Cordon Bleu Sandwich  Spinach and Mushroom Orzo	Italian 3 Meat  4 Cheese Baked Penne	BYO Sandwich  Florentine Stuffed Shells	BYO Sandwiches  Penne with Vodka Sauce	Pepperoni Pizza  Chef's Choice Lasagna
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**National Cheese  
Day!**

**Chef's Table**

BYO Queso

BYO Mac and  
Cheese

BYO Chili Bowl



*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