

MFB Kitchen & Cafe

January 2026

1/19
Monday

1/20
Tuesday

1/21
Wednesday

1/22
Thursday

1/23
Friday

**Breakfast
&
Carve**

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

Soup

Chicken and
Wild Rice

Three Bean Chili

Loaded Baked Butternut Squash
Potato Broccoli Cheese
Bisque

**Market Deli
&
The Oven**

Chicken
Cordon Bleu
Sandwich
Spinach and
Mushroom Orzo

Italian 3 Meat
4 Cheese Baked
Penne

BYO Sandwich BYO Sandwiches Pepperoni Pizza
Florentine Stuffed Shells Penne with Vodka Sauce
Chef's Choice Lasagna

Chef's Table

National Cheese
Day!

BYO Queso

BYO Mac and
Cheese BYO Chili Bowl

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



A better-for-you choice lower in calories
and sodium, high in fiber and good fats.