

MFB Kitchen & Cafe

July 2026

	7/13 Monday	7/14 Tuesday	7/15 Wednesday	7/16 Thursday	7/17 Friday
Breakfast & Carve	BYO Breakfast Bowl Meatloaf, Mashed and Gravy	Biscuits and Gravy Chicken Parmesan with Spaghetti	Waffle Wednesday Pulled Pork Sandwiches	Biscuits and Gravy Beef and Broccoli	BYO Omlette Fish and Chips
Soup	Chicken and Wild Rice	Three Bean Chili (Vegan)	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
Market Deli & The Oven	Corned Beef Reuben Beef Bolognaise	Chicken, Bacon and Ranch Chef's Choice Tortellini	BYO Sandwich Penne with Italian Sausage in Tomato Cream Sauce	BYO Sandwich Beef and Mushroom Gnocchi	Pepperoni Pizza Chef's Choice Lasagna
Chef's Table		Birria Tacos	Ice Cream Sundae Bar	BYO 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
 Dinner 2 pm-7:30 pm
 Weekends 7 am- 6pm