

# MFB Kitchen & Cafe

September 2026

|                                      | 9/14<br>Monday                                         | 9/15<br>Tuesday                                                | 9/16<br>Wednesday                           | 9/17<br>Thursday                                          | 9/18<br>Friday                                                |
|--------------------------------------|--------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------|
| <b>Breakfast<br/>&amp;<br/>Carve</b> | BYO Breakfast Bowl<br><br>Meatloaf and Mashed Potatoes | Biscuits and Gravy<br><br>Nashville Hot Honey Chicken Sandwich | Waffle Wednesday<br><br>Carved Beef Brisket | Biscuits and Gravy<br><br>Sweet Chili Shrimp w/Fried Rice | BYO Omlette<br><br>Cheddar, Bacon and Ranch Smothered Chicken |

## Soup

Chicken and Wild Rice

Three Bean Chili (Vegan)

Loaded Baked Potato

Butternut Squash Bisque

Broccoli Cheese

|                                           |                                          |                                            |                                         |                                          |                                                |
|-------------------------------------------|------------------------------------------|--------------------------------------------|-----------------------------------------|------------------------------------------|------------------------------------------------|
| <b>Market Deli<br/>&amp;<br/>The Oven</b> | California Reuben<br><br>Pasta Primavera | Chicken Salad<br><br>Chef's Choice Ravioli | <b>Rehab Week<br/>Cookout<br/>@ POB</b> | BYO Sandwich<br><br>Bacon Mac and Cheese | California Reuben<br><br>Chef's Choice Lasagna |
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## Chef's Table

California Burritos

**11:00am-  
1:00pm**

BYO Grilled Cheese and Tomato Soup



*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