

MFB Kitchen & Cafe

Septemeber 2026

9/21
Monday

9/22
Tuesday

9/23
Wednesday

9/24
Thursday

9/25
Friday

Breakfast & Carve

B.Y.O. Omlette

Biscuits and
Gravy

Waffles

Biscuits and Gravy

BYO Omlette

Chicken Parm
over Spaghetti

Beef Short Ribs
w/Mashed

Orange Chicken
over White Rice

Herb-Crusted Pork
Loin

Marinated
Shrimp Skewers

Soup

Chicken and
Wild Rice

Three Bean Chili

Loaded Baked
Potato

Butternut Squash
Bisque

Broccoli Cheese

Market Deli & The Oven

Corned Beef
Reuben

Buffalo Chicken
Wrap

BYO Sandwich

BYO Sandwich

Corned Beef
Reuben

Beef Bolognese

Chef's Choice
Tortellini

Pasta with Vodka
Sauce

Chef's Choice
Gnocchi

Chef's Choice
Lasagna

Chef's Table

Enchiladas

BYO Mac and
Cheese

Cuban
Sandwiches



*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