

MFB Kitchen & Cafe

Sept. 2026

	9/28 Monday	9/29 Tuesday	9/30 Wednesday	10/1 Thursday	10/2 Friday
Breakfast & Carve	BYO Breakfast Bowl MFB Almost Famous Bowls	Biscuits and Gravy Chimichurri Steak	Waffle Wednesday Pulled Pork Sandwiches	Biscuits and Gravy Sweet Chili Meatballs	BYO Omlette Fish and Chips

Soup	Chicken and Wild Rice	Three Bean Chili	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
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Market Deli & The Oven	California Reubens Pasta Primavera	Italian 3 Meat Chef's Choice Ravioli	BYO Sandwich Manicotti with Marinara	BYO Sandwiches Bacon Mac and Cheese	California Reubens Chef's Choice Lasagna
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Chef's Table

BYO Nachos

French Dip Sandwiches

Stir-Fry Bar



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