

MFB Kitchen & Cafe

October 2026

	10/12 Monday	10/13 Tuesday	10/14 Wednesday	10/15 Thursday	10/16 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 w/White Rice	BYO Omlette Sloppy Joes with Mac and Cheese

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 Goulash	California Reubens 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	Carne Asada Fries	Chili Bar	Gyros
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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