

MFB Kitchen & Cafe

October 2026

	10/19 Monday	10/20 Tuesday	10/21 Wednesday	10/22 Thursday	10/23 Friday
Breakfast & Carve	BYO Breakfast Bowl Rotisserie-Style Chicken Legs	Biscuits and Gravy Sheppard's Pie	Waffle Wednesday Beef and Broccoli	Biscuits and Gravy Orange Chicken with White Rice	BYO Omlette Braised Beef Tips

Soup	Chicken and Wild Rice	Three Bean Chili (Vegan)	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
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Market Deli & The Oven	Corned Beef Reubens Cajun Pasta	Corned Beef Reubens Chef's Choice Tortellini	BYO Sandwich Pasta with Vodka Sauce	BYO Sandwich Chef's Choice Gnocchi	Corned Beef Reubens Chef's Choice Lasagna
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Chef's Table

BYO Taco Salads

Chicken Wings

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