

MFB Kitchen & Cafe

October 2026

	10/26 Monday	10/27 Tuesday	10/28 Wednesday	10/29 Thursday	10/30 Friday
Breakfast & Carve	BYO Breakfast Bowl Meatloaf and Mashed Potatoes	Biscuits and Gravy Nashville Hot Honey Chicken Sandwich	Waffle Wednesday Carved Beef Brisket with Crispy Potatoes	Biscuits and Gravy Sweet Chili Shrimp w/Fried Rice	BYO Omlette Chef's Choice Salmon

Soup

Chicken and Wild Rice	Three Bean Chili (Vegan)	Loaded Baked Potato	Butternut Squash Bisque	Broccoli Cheese
-----------------------	--------------------------	---------------------	-------------------------	-----------------

Market Deli & The Oven	California Reuben Goulash	BYO Sandwich Chef's Choice Ravioli	California Reuben Manicotti	BYO Sandwich Bacon Mac and Cheese	California Reuben Chef's Choice Lasagna
---	----------------------------------	---	------------------------------------	--	--

Chef's Table

Walking Tacos	BYO Mac and Cheese Bowls	BYO Pho
---------------	--------------------------	---------



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