

MFB Kitchen & Cafe

July 2024

	7/1 Monday	7/2 Tuesday	7/3 Wednesday	7/4 Thursday	7/5 Friday
Breakfast & Carve	B.Y.O. Omlette Grilled BBQ Chicken	Biscuits and Gravy Turkey Sloppy Joes	Waffles Chicken and Sausage Gumbo	Happy	BYO Omlette Shrimp Scampi
Soup	White Chicken Chili	Cabbage Soup	Split Pea with Ham	Independence	Broccoli Cheese
Market Deli & The Oven	California Reuben Ham and Pepperoni Pizza	Chicken Salad Wrap Baked Ziti with Meat Sauce	Mediterranean Veggie Wrap Cajun Chicken Alfredo	Day!	Pepperoni Pizza Lasagna
Chef's Table		BYO Burritos/Bowls	Pasta Bar	Café	
Dinner	Buffalo Chicken Mac and Cheese	Turkey Goulash	Gumbo with Rice	Closed	Pizza

Open 7 days a week

Breakfast 7 am – 9:30 am

Lunch 11 am – 2 pm

Feast 2 pm- 7 pm

Weekends 7 am- 2pm



A better-for-you choice lower in calories and sodium, high in fiber and good fats.