


# MFB Kitchen & Cafe

July 2024

|                                   | 7/22<br>Monday  | 7/23<br>Tuesday                             | 7/24<br>Wednesday   | 7/25<br>Thursday                                      | 7/26<br>Friday                                |
|-----------------------------------|---|---|---|---|---|
| <b>Breakfast &amp; Carve</b>      | B.Y.O. Omelette<br>Meatloaf and Mashed Potatoes           | Biscuits and Gravy<br>Country Fried Chicken | Waffle Wednesday<br>Kielbasa, Pierogies and Sauerkraut  | Biscuits and Gravy<br>Teriyaki Chicken and Fried Rice | BYO Omelette<br>Fish and Chips with Cole Slaw |
| <b>Soup</b>                       | White Chicken Chili                                       | Cabbage Soup                                | Split Pea with Ham  | Tomato Basil Bisque                                   | Broccoli Cheese                               |
| <b>Market Deli &amp; The Oven</b> | Honey Mustard Ham and Swiss on Pretzel<br>Pepperoni Pizza | Buffalo Chicken Wrap<br>Chicken Alfredo     | Pesto Roasted Veggie Wrap<br>Broccoli and Cheddar Pizza   | 3 Pigs Pizza<br>Pasta Primavera (Vegetarian)          | Supreme Pizza<br>Chef's Choice Lasagna        |
| <b>Chef's Table</b>               |   | BYO Nachos                                  | <br><b>Bon Appetit: Salmon Nicoise Salad</b> | Risotto Bowls   |   |
| <b>Dinner</b>                     | Meatloaf and Mashed Potatoes                              | Bacon Mac and Cheese                        | Kielbasa, Pierogi and Butternut Squash Casserole  | Chicken Stir-fry with White Rice                      | Fish and Chips                                |



*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  
 Feast 2 pm- 7 pm  
 Weekends 7 am- 2pm