


MFB Kitchen & Cafe

September 2024

	9/2 Monday	9/3 Tuesday	9/4 Wednesday	9/5 Thursday	9/6 Friday
Breakfast & Carve	Happy	Biscuits and Gravy Pork Chops with Honey Garlic Sauce	Waffle Wednesday Swedish Meatballs	Biscuits and Gravy Lemon Honey Chicken Breast	BYO Omlette Cajun Shrimp
Soup	Labor Day!!	Cabbage Soup	Split Pea with Ham	Tomato Basil Bisque	Broccoli Cheese
Market Deli & The Oven	Cafe	Chicken Cordon Bleu Sandwich Roasted Veggie Pizza	Italian 3 Meat Sandwich Chicken and Garlic White Pizza	Portobello Mushroom "Burger" 3 Pigs Pizza	Supreme Pizza Lasagna
Chef's Table	Closed	Fajita Bar	 Market Salads: Roasted Beet, Arugula and Quinoa Salad	BYO Mac and Cheese	
Dinner		Fajitas	Spaghetti and Meatballs	Chicken and Dumplings	Taco Mac



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