MFB Kitchen & Cafe

September 2024

Hispanic Heritage Month	9/16 Monday	9/17 Tuesday	9/18 Wednesday	9/19 Thursday	9/20 Friday
Breakfast & Carve	B.Y.O. Omelette Meatloaf and Mashed Potatoes	Biscuits and Gravy Country Fried Chicken	Waffle Wednesday Kielbasa, Pierogies and Sauerkraut	Biscuits and Gravy Teriyaki Chicken and Fried Rice	BYO Omelette Fish and Chips with Cole Slaw
Soup	White Chicken Chili	Fruit Bar Thursday- w/Tajin! Cabbage Soup	Split Pea with Ham	Elote Thursday! Tomato Basil Bisque	Broccoli Cheese
Market Deli & The Oven	Ham and Swiss on Pretzel	Buffalo Chicken Wrap Chicken Alfredo	Pesto Roasted Veggie Wrap Broccoli and Cheddar Pizza	3 Pigs Pizza Pasta Primavera (Vegetarian)	Supreme Pizza Chef's Choice Lasagna
Chef's Table		Mexican Tacos: Carne Asada Or Chicken	Chicken Mole Rice and Beans	Risotto Bowls	
Dinner	Meatloaf and Mashed Potatoes	Bacon Mac and Cheese	Kielbasa, Pierogi and Butternut Squash Casserole	Chicken Stir-fry with White Rice	Fish and Chips
Open 7 days a week Breakfast 7 am – 9:30 am					

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

Breakfast 7 am – 9:30 am Lunch 11 am – 2 pm Feast 2 pm- 7 pm

Weekends 7 am- 2pm