

# MFB Kitchen & Cafe

November 2024

11/18  
Monday

11/19  
Tuesday

11/20  
Wednesday

11/21  
Thursday

11/22  
Friday

## Breakfast & Carve

B.Y.O.  
Omlette  
  
Grilled BBQ  
Chicken

Biscuits and Gravy  
  
Turkey Sloppy  
Joes

Waffles  
  
Chicken and  
Sausage Gumbo

Biscuits and Gravy  
  
Beef Tips and  
Noodles

BYO Omlette  
  
Shrimp Scampi

## Soup

Minestrone

Creamy Chicken  
and Wild Rice

Mushroom Barley

Butternut Squash  
Bisque

Turkey Chili

## Market Deli & The Oven

California  
Reuben  
  
Ham and  
Pepperoni  
Pizza

Chicken Salad  
Wrap

Baked Ziti with  
Meat Sauce

Mediterranean  
Veggie Wrap

Cajun Chicken  
Alfredo

4 Cheese Pizza

Baked Spaghetti

Pepperoni Pizza

Lasagna

## Chef's Table

BYO Burritos/Bowls

Pasta Bar

Asian Noodle  
Bowls



*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