MFB Kitchen & Cafe

November 2023

	11/20 Monday	11/21 Tuesday	11/22 Wednesday	11/23 Thursday	11/24 Friday
Breakfast & Carve	B.Y.O. Omlette Grilled BBQ Chicken	Biscuits and Gravy Turkey Sloppy Joes	Waffle Wednesday Chicken and Sausage Gumbo		BYO Omlette Shrimp Scampi
Soup	Minestrone Soup	Lemon Chicken and Orzo	Mushroom Barley	Happy Thanksgiving !	Turkey Chili
Market Deli & The Oven	California Reuben Chicken and Broccoli Tortellini Alfredo	Chicken Salad Meat Lover's Pizza	Mediterranean Veggie Wrap Buffalo Chicken Calzone	Café Closed	Pepperoni Plzza Lasagna
Chef's Table		BYO Burritos/Bowls	BYO Pasta Bar		
Dinner	Meatloaf and Mashed Potatoes	Bacon Mac and Cheese	Kielbasa and Pierogies		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