MFB Kitchen & Cafe

January 2023

	1/29 Monday	1/30 Tuesday	1/31 Wednesday	2/1 Thursday	2/2 Friday
Breakfast & Carve	BYO Omlette Baked Chicken Thighs	Biscuits and Gravy Pot Roast with Mashed Potatoes and Carrots	Waffle Wednesday Roasted Pork Loin with Spinach Cream Sauce	Biscuits and Gravy Chicken Piccata Superfood: Citrus	BYO Omlette Cilantro Lime Tilapia Superfood: Citrus
Soup	Minestrone	Lemon Chicken and Orzo Superfood: Citrus	Mushroom Barley	Butternut Squash	Turkey Chili
Market Deli & The Oven	Margarita Pizza Chicken and Broccoli Tortellini Alfredo	Reuben Meat Lovers Pizza	Chicken, Bacon and Ranch Wrap Cajun Chicken Alfredo		Pepperoni Pizza Chef's Choice Lasagna
Chef's Table		Taco Bar	Power Bowls	Chili Bar	
Dinner	Ham and Broccoli Cheesy Rice Casserole	Beef Stew	Grilled Chicken with Spinach Cream Sauce	"MFB" Bowls	Comed Beef Hash Open 7 days a week
CHSC A better aud son	er-for-you choice dium, high in fibe	lower in calories r and good fats.		Break Lu	fast 7 am – 9:30 am unch 11 am – 2 pm Dinner 2 pm-7 pm

Weekends 7 am- 2pm