

April 2021 Dinner Specials

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- Everything is priced a la carte
- Entrées in GREEN are Vegan or Vegetarian
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm

A La Carte

Entrée.....\$5.98
Starch.....\$1.50
Vegetable.....\$1.50

1

Meatloaf
Mashed Potatoes
Steamed Broccoli

2

Roast Turkey Breast
Sweet Potato
Green Beans

3

Piña Pork Tacos
Rice and Beans
Sautéed Peppers
and Onions

4

Applewood Smoked
Uncured Honey Ham
Scalloped Potatoes
Glazed Carrots



5

Veggie Lasagna
Garlic Bread
Arugula Salad

6

Alaskan Sole
Lemon Orzo
Squash & Zucchini

7

Grilled Chicken
Caesar Salad
Bread Stick
Avocado Half

8

Chicken Fried
Steak
Baked Potato
Side Salad

9

Turkey Tacos
Refried Beans
Guacamole & Chips

10

BBQ Ribs
Corn Bread
Coleslaw

11

Jerk Chicken
Red Beans & Rice
Grilled Pineapple

12

Beer Battered Cod
Waffle Fries
Classic Carrot
Salad

13

Chicken Stir-Fry
Egg Roll
Sautéed Bok Choy

14

Beef Stroganoff
Dinner Roll
Sautéed Kale &
Mushrooms

15

Pulled Pork
Sandwich
Macaroni Salad
Creamy Coleslaw

16

Enchilada
Casserole
Spanish Rice
Chips & Fresh Salsa

17

Cajun Jambalaya
Corn Bread
Creamed Spinach

18

Piña Pork Tacos
Rice and Beans
Pablano & Bell
Peppers

19

Shrimp Scampi
Dinner Roll
Steamed Broccoli

20

Thai Chicken Curry
Naan Flatbread
Carrot-Cumin Slaw

21

Gyro Wrap
Hummus and Pita
Cucumber and
Tomato Salad

22 Earth Day

Wild Atlantic Cod
Potato Salad
Coleslaw



23

Seasoned Pork Loin
Red Potatoes
Roasted Brussel
Sprouts

24

Chicken Alfredo
Focaccia Bread
Steamed Broccoli

25

Turkey & Quinoa
Stuffed Peppers
Zucchini Bread
Spinach Soufflé

26

Pesto Salmon
Israeli Couscous
Asparagus

27

Turkey Pot Pie
Cheddar Biscuit
Glazed Carrots

28

Cashew Chicken
Fried Rice
Stir Fry Vegetables

29

Sausage & Kale
Alfredo
Dinner Rolls
½ Sweet Potato

30

Burger Bar
Onion Rings
Greek Salad



Vegging Out: Tips on Switching to a Meatless Diet

Published February 24, 2020 Reviewed January 2020



vaaseena/iStock/Thinkstock

Religious beliefs, philosophical concerns or health may all lead a person to follow a vegetarian diet. But, becoming a vegetarian — especially if you've been a lifelong meat-eater — isn't always easy. Your best bet? Switch to a vegetarian diet in steps. A gradual change will give you time to find vegetarian foods that you enjoy.

Find Foods You Enjoy

A good first step is to review your current diet. Make a list of foods that you regularly eat, paying special attention to vegetarian foods that you like. Next, aim to incorporate these foods — along with a variety of whole grains, fruits, vegetables and beans — into your eating plan. A good way to include vegetables, for example, is to add them to the foods you already enjoy, such as pasta or rice dishes.

Plant-based, meat-free products offer the opportunity to get the taste and flavor of meat without consuming the real thing. Choices may include soybean proteins, wheat proteins and other vegetable sources. Check your grocer's freezer department for vegetarian versions of hamburger, sausage, chicken or bacon. These are tasty additions to dishes including chili or casseroles.

If you're going vegan and eliminating all animal-based food products, look for dairy substitutes including calcium-fortified soy milk and yogurt.

Pick up a vegetarian cookbook or search the internet for vegetarian recipes and meal ideas, and explore vegetarian foods from various global cuisines. While American cuisine can be meat-focused, it's easy to find ample vegetarian options on many Asian, Indian and Middle Eastern menus. The supermarket is a good place to find vegetarian ingredients and ready-to-eat meatless foods from around the world.

Become a Label Reader

Label reading is essential for vegetarians since some seemingly meat-free foods actually contain animal-based ingredients such as lard or gelatin. Ingredients are listed in order from the largest amount to the smallest. These lists can help you make informed choices and avoid packaged foods made with ingredients you will not eat. Another reason to read labels is to ensure you're getting essential vitamins and minerals. Poorly planned diets of any kind can lead to health problems. Most people get iron, zinc, vitamin B12, calcium and vitamin D from animal products such as meat and milk. It's important for vegans and vegetarians to include other sources of these nutrients in their daily eating plans.

One good way to do this is to review the Nutrition Facts label. This part of the label lists the serving size, as well as the nutrients in one serving. You can use this information to help ensure you're choosing foods rich in vitamins, minerals, protein and fiber. To limit added sugars, avoid foods that list sugar, corn syrup or honey as one of the first ingredients.

It is a myth that vegetarians can't get enough protein in their diets. Vegetarians easily can meet their protein needs when they eat a variety of plant proteins and get enough calories. Plant proteins can provide all the essential amino acids that your body needs. Whole grains, beans, lentils and nuts are good sources of protein. Eating a variety of different plant proteins each day helps your body store and use protein.

Healthy Vegetarian Eating Tips

Plan meals around whole grains, vegetables, fruits and beans. This ensures a variety and balance of nutrients, including fiber, protein and health-promoting phytochemicals. Cook with heart-healthy fats such as canola and olive oil, which are rich in monounsaturated and polyunsaturated fats. Include plant sources of fat, such as avocado, nuts and seeds, to salads and other dishes. Experiment with soy-based foods such as tofu and tempeh. Try marinating, sauteing, baking and even grilling. Use fresh and dried herbs and spices for extra flavor. Mustard, vinegar, hot sauce, hummus and fresh salsa are flavorful condiments.