



May 2022 Dinner Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Chicken Picatta Mushroom Barley Glazed Carrots	2 Shrimp Scampi French Bread Steamed Broccoli	3 Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts	4 Meatloaf Mashed Potatoes Sautéed Zucchini	5 Turkey Tacos Refried Beans Guacamole & Chips	6 Grilled Chicken Caesar Salad Bread Stick Avocado Half	7 Spaghetti & Meatballs Garlic Bread Green beans
8 <i>Mother's Day</i> Brisket Mashed Potatoes Roasted Broccoli 	9 Alaskan Sole Quinoa & Brown Rice Squash & Zucchini	10 Gyro Wrap Hummus and Pita Cucumber and Tomato Salad	11 Cashew Chicken Fried Rice Stir Fry Vegetables	12 Cajun Jambalaya Corn Bread Collard Greens	13 Flank Steak Baked Potato Creamed Spinach	14 Enchilada Casserole Spanish Rice Chili Lime Corn
15 Polish Kielbasa Roasted Red Potatoes Sauerkraut & Peppers	16 Pesto Salmon Israeli Couscous Warm Cherry Tomatoes & Basil	17 Spanish Paella Toasted Baguette Roasted Vegetables	18 Chicken Alfredo Focaccia Bread Steamed Broccoli	19 Chicken Fried Steak Baked Potato Glazed Carrots	20 Turkey Tacos Refried Beans Guacamole & Chips	21 Honey Baked Ham Scalloped Potatoes Green Beans
22 Chicken Cordon Bleu Brown Rice Spinach Salad	23 Kale Caesar Salad Assorted Rolls Avocado Half	24 Spicy Beef Tacos Spanish Rice Guacamole & Chips	25 Chicken Stir-Fry Pot Stickers Sautéed Cabbage	26 Burger Bar Potato Wedges Greek Salad	27 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	28 Lasagna Garlic Bread Roasted Cauliflower
29 Butter Chicken & Rice Naan Flatbread Carrot-Cumin Slaw	30 Cobb Salad Bread Stick Gazpacho	31 Sausage & Kale Alfredo Sweet Potato House Salad	<u>A La Carte</u> Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50  Sandwich.....\$5.45	Did you know? <ul style="list-style-type: none"> 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 		

What Are B-Vitamins?

Contributors: Esther Ellis, MS, RDN, LDN Published April 21, 2022



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There are eight well known B-vitamins that play a role in the body. They support metabolism and contribute to the body's ability to produce energy. Several of the B-vitamins have additional functions as well:

Vitamin B6:

Alternatively known as pyridoxine, vitamin B6 helps to produce insulin, fight infection and create non-essential amino acids (the building blocks of protein). Beans, chicken, bananas, potatoes, pork, fish, nuts and fortified breakfast cereals all contain vitamin B6.

Folate

Also known as folic acid, folate is particularly important during pregnancy. Consuming adequate amounts helps to reduce the risk of spine and brain deformities (known as neural tube defects). Sources of folate include many fruits and vegetables — including beans, oranges, avocado and spinach. Folic acid is found in enriched grains, like breads and pasta, fortified breakfast cereals and dietary supplements.

Vitamin B12

Cobalamin, or vitamin B12, plays an important role in creating new red blood cells and a deficiency could result in anemia. It is present in animal products like meat, fish, poultry, eggs and dairy foods, such as milk, yogurt and cheese. Some breakfast cereals are also fortified with vitamin B12 and can be an important source of this vitamin for vegetarians and vegans. Although, a vitamin B12 supplement may also be needed.

These B-vitamins are more commonly known by their names than by their numbers, but all are widely available in a variety of foods and deficiency is relatively uncommon in the United States:

- **Thiamin:** Pork, peas, whole-grain & enriched-grain products including bread, rice, pasta, tortillas & fortified cereals.
- **Riboflavin:** Milk, cheese, yogurt, enriched grains, lean meats, eggs, almonds and leafy green vegetables.
- **Niacin:** High-protein foods such as peanut butter, beef, poultry and fish, as well as enriched and fortified grain products
- **Pantothenic Acid:** Yogurt, sweet potatoes, milk, avocado, corn, eggs and beans.
- **Biotin:** Eggs, peanuts, fish, sweet potatoes and almonds.