



May 2022 Lunch Specials



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Seasoned Pork Loin Garlic Red Potatoes Warm Cherry Tomato Salad	2 Veggie Lasagna Vegan Pesto Pasta Garlic Bread Spinach Salad Portabella Panini	3 Lemon Pepper Tilapia Chickpea Patty Wild Rice Steamed Broccoli Hot Roast Beef and Cheddar on Bun	4 Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Steamed Veggies Turkey Reuben	5 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Philly Cheesesteak	6 Brisket Portabella Steak Latkes Roasted Carrots Ham & Chz Panini	7 Enchilada Casserole Spanish Rice Chili Lime Corn	
8 <i>Mother's Day</i> Uncured Honey Ham Scalloped Potatoes Glazed Carrots 	9  Hospital Week Lunch Hickory House BBQ Black Bean Burgers Cheesy Potatoes Baked Beans Cornbread Muffins Coleslaw Assorted Cookies	10 French Dip Quinoa Patty Potato Wedges Coleslaw Chicken Salad	11 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Turkey & Chz Panini	12  Hospital Week Lunch Taco Bar Vegan Taco Bar Rice and Beans Chips and Salsa All the Fixings Horchata	13 Gyro Hummus Platter Pita and Tzatziki Fattoush Salad Greek Tuna Wrap	14 Chinese Beef with Broccoli Steamed Rice Pot Stickers	
15 Alaskan Sole Wild Rice Steamed Broccoli	16 Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad Egg Salad Sandwich	17 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Reuben	18 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	19 Alaskan Sole Quinoa Patty with Mango Salsa Wild Rice Steamed Broccoli Club Sandwich	20 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	21 Pesto Salmon Quinoa & Brown Rice Asparagus	
22 Piña Pork Tacos Tri-colored Chips Black Bean Corn Salad	23 Niçoise Salad Vegan Niçoise French Bread Gazpacho Mushroom Quesadilla	24 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	25 Tuna Avocado Boats Vegan Artichoke Boats Toasted Croissant Radish Salad Chicken Quesadilla	26 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Brussel Sprouts BLT	27 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Tuna Melt	28 BBQ Chicken Pasta Salad Corn on the Cobb	
29 Meatloaf Mashed Potatoes Sautéed Zucchini	30 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Crab Cake	31 Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Italian Sub	<p><u>A La Carte</u></p> <p>Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50</p> <p></p> <p>Sandwich.....\$5.45</p>			<p>Did you know?</p> <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 <p></p>	

6 Tips to Lighten Your Carbon Footprint

Contributors: Sarah Klemm, RDN, CD, LDN Published April 22, 2022



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There are plenty of easy food-related actions to lighten your carbon footprint while eating healthier.

Buy Locally and in Season

Not only does eating locally grown fruits and vegetables save fossil fuels used for long-distance transport, food is likely fresher and may taste better, cost less and retain more nutrients. Plus, it supports local farmers and keeps dollars in the community. Look for options at the grocery store from local farms. When possible, check out local farmers markets, as well as community-supported agriculture programs, with the [USDA's Local Food Directories](#).

Eat More Plant-based Foods Choosing more plant-based protein foods such as beans and lentils in place of animal-based protein foods is one way to reduce your carbon footprint. Plant-based eating styles use fewer natural resources and have been associated with less damage to the environment.

Reduce Packaging Buying in bulk reduces the amount of plastic, paper, metal and energy that goes into manufacturing the packaging. If bulk isn't available, buy in larger packages such as "family sizes" rather than individual sizes. If you can, choose reusable containers and recycle materials like glass, metal, paper and plastic depending on the items that can be recycled in your area.

BYOB to the Grocery Bring your own bags. Even reusing paper or plastic supermarket bags from previous visits can lessen the impact of the petroleum-based plastic bags used each year in the U.S., which often end up as litter, in the landfill and as a pollutant of our fresh waters and oceans.

Conserve Energy in the Kitchen Purchase energy-efficient appliances when possible. Other energy tips:

- Think about what you need before you open the refrigerator or freezer, to limit how long the doors stay open.
- Cover the pot to heat food more quickly or use a pressure cooker.
- During summer months, run the hood fan to keep gas and heat out of your kitchen so you require less air conditioning to cool the house.
- Cook larger quantities and freeze in single meal portion sizes, which not only saves energy, but gets you almost instant home-cooked meals on other days.

Save Water It is predicted that water, not fuel, will be our scarcest commodity in the not-to-distant future. So, don't let the sink faucet run.

- Soak dishes in a sink of hot, soapy water to loosen food, wash and rinse all at once.
- If you use a dishwasher, don't bother rinsing the dishes (just scrape them) & run the dishwasher only when it is full.
- Repair leaks and drips.
- Install aerators in faucets to make less water more efficient.
- Don't use running water to defrost frozen food; plan ahead instead and thaw it in advance in the refrigerator.

Decrease Garbage In addition to reducing the packaging you bring home, try composting some of your food waste. Rather than filling the trash can with fruit and vegetable scraps — save them to nourish your garden. Use any container by the sink and haul it outside when it's full. Some municipalities offer free or reduced-price composting bins or bins can be purchased at local garden shops.

Use ceramic dishes and reusable silverware and cups. Avoid using disposable products. If you must use disposables, choose ones that are accepted as part of your neighborhood's recycling program or can be composted.