



JUNE 2022 DINNER SPECIALS



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- Everything is priced a la carte
- Breakfast is served 7:30-10
- 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
 Sautéed Zucchini

2
 Chicken Picatta
 Mushroom Barley
 Glazed Carrots

3
 Turkey Tacos
 Refried Beans
 Guacamole & Chips

4
 Flank Steak
 Baked Potato
 Creamed Spinach

5
 Spaghetti &
 Meatballs
 Garlic Bread
 Green beans

6
 Shrimp Scampi
 French Bread
 Steamed Broccoli

7
 Seasoned Pork Loin
 Red Potatoes
 Roasted Brussel
 Sprouts

8
 Grilled Chicken
 Caesar Salad
 Bread Stick
 Avocado Half

9
 Gyro Wrap
 Hummus and Pita
 Cucumber and
 Tomato Salad

10
 Beef Stroganoff
 Dinner Roll
 Sautéed Kale &
 Mushrooms

11
 Cajun Jambalaya
 Corn Bread
 Collard Greens

12
 Butter Chicken &
 Rice
 Naan Flatbread
 Carrot-Cumin Slaw

13
 Alaskan Sole
 Quinoa & Brown
 Rice
 Squash & Zucchini

14
 Cashew Chicken
 Fried Rice
 Stir Fry Vegetables

15
 Burger Bar
 Potato Wedges
 Greek Salad

16
 Chicken Stir-Fry
 Pot Stickers
 Sautéed Cabbage

17
 Polish Kielbasa
 Roasted Red
 Potatoes
 Sauerkraut &
 Peppers

18
 Pesto Salmon
 Israeli Couscous
 Warm Cherry
 Tomatoes & Basil

19
 Spicy Beef Tacos
 Spanish Rice
 Guacamole & Chips

20
 Spanish Paella
 Toasted Baguette
 Roasted Vegetables

21
 Turkey Pot Pie
 Cheddar Biscuit
 Glazed Carrots

22
 Chicken Alfredo
 Focaccia Bread
 Steamed Broccoli

23
 Lasagna
 Garlic Bread
 Roasted Cauliflower

24
 Chicken Fried
 Steak
 Baked Potato
 Roasted Brussel
 Sprouts

25
 Turkey Tacos
 Refried Beans
 Guacamole & Chips

26
 Honey Baked Ham
 Scalloped Potatoes
 Green Beans

27
 Cobb Salad
 Bread Stick
 Gazpacho

28
 Chicken Cordon
 Bleu
 Brown Rice
 Spinach Salad

29
 Sausage & Kale
 Alfredo
 Sweet Potato
 House Salad

30
 Kale Caesar Salad
 Assorted Rolls
 Avocado Half



Eat the Colors of the **Rainbow**

Tips to Help Kids Enjoy Fruits and Veggies

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Fruits and vegetables are loaded with the nutrients kids need to grow, be strong and healthy and perform well in school. Unfortunately, most children don't eat enough. Here are some ideas on how to make meals nutritious and delicious by incorporating fruits and veggies in fun and interesting ways that kids will enjoy.

Fill Half the Plate with Fruits and Vegetables

Encourage kids to consume more of these nutritional powerhouses by making them the star of the meal. Dish out generous helpings and always include options that your family enjoys. Serve vegetables in their undisguised state to give your child an opportunity to explore the tastes, textures and aromas. When kids see vegetables served center stage they learn to internalize what a balanced plate looks like. In addition, since most

vegetables require lots of chewing, they naturally also slow down children, helping them eat more mindfully and encourage them to linger at the table rather than squirming in their seats.

Take Fruit to Lunch Fruit is a great way to add a little sweetness to lunch. Make a habit of tucking an apple, tangerine, melon slices, two plums or kiwifruit, grapes, cherries or dried fruits into lunch bags.

Stuff Sandwiches with Fruits & Vegetables Encourage produce-heavy sandwiches by creating a sandwich bar with whole-grain breads, wraps & rolls, various lean meats, low-fat cheese, sliced tomato, bell pepper rings, cucumber rounds, lettuce, marinated artichoke hearts, roasted red peppers, avocado slices, hummus & mustard.

Experiment to Try New Flavors and Textures Substitute a new-to-you fruit or vegetable in a favorite recipe. Try mustard greens in stir-fries, jicama in salad or plantains in stew. Also be sure to have your children pick out a new fruit or vegetable at the grocery store or farmers market to make kids more likely to try new flavors.

Toss a Fruit and Vegetable Salad Combine colorful vegetables, legumes and fruits (such as berries, kiwifruit or mandarin oranges). Even if you prefer iceberg lettuce, which delivers less nutrients than other greens, pair it with other veggies — sliced beets, diced peppers, shredded red cabbage, spinach leaves, baby carrots.

Try Veggies at Breakfast Fill omelets with a rainbow of diced veggies, create a colorful tofu scramble with your favorite vegetables or serve toast topped with avocado, white beans and sautéed mushrooms.

Incorporate Veggies into Other Foods If your children prefer to push peas around the plate instead of eating them, you've probably considered sneaking a few veggies into their favorite foods. While a little stealth nutrition can help children eat more vegetables, it shouldn't be your only strategy. If you're always hiding vegetables, how will your family get to know & enjoy them? By offering your family a variety of options they will be more likely to grow into true vegetable lovers. You don't need to hide vegetables on a regular basis. However, if you have a picky eater who doesn't like vegetables, disguising them a little can be a helpful way to get more into their diet. When it comes to getting children to happily eat veggies, the more alternatives the better. So go ahead and fold mushrooms into meatloaf & shred carrots into spaghetti sauce. Using vegetables as a condiment is an easy way to give veggies more face time without making it overwhelming. Top pizza with onions & peppers, sprinkle tomatoes & avocados on tacos or fold butternut squash into mac and cheese.

Mix it Up Eating the same old plate of steamed vegetables each day would be boring for anyone, so be sure to keep it interesting and varied. For instance, just because your family doesn't enjoy roasted vegetables doesn't mean they won't love them sautéed with garlic. Get creative and try different cooking methods, herbs and spices or try offering veggies raw with dip or in a crunchy salad.

If these efforts don't immediately boost your children's fruit and vegetable intake, take heart and be patient. Never force the issue because that usually backfires. Simply continue to make fruits and veggies a part of every meal and snack and offer them in a variety of ways. Eventually your children will develop a taste for a few favorites.