



# JUNE 2022 LUNCH SPECIALS



**SUNDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

## Did you know?

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

## A La Carte

Entrée.....\$5.98  
 Vegan Entrée...\$4.25  
 Starch.....\$1.50  
 Vegetable.....\$1.50

Sandwich.....\$5.45

1  
 Lemon Pepper Tilapia  
 Chickpea Patty  
 Wild Rice  
 Steamed Broccoli  
 Hot Roast Beef and Cheddar on Bun

2  
 Buffalo Chicken Salad  
 Vegan Buffalo Salad  
 Rainbow Pasta Salad  
 Steamed Veggies  
 Turkey Reuben

3  
 Sausage & Kale Alfredo  
 Vegan Sausage & Kale Pesto Pasta  
 Sweet Potato  
 Rainbow Superfood Salad  
 Philly Cheesesteak

4  
 Seasoned Pork Loin  
 Garlic Red Potatoes  
 Warm Cherry Tomato Salad

5  
 Enchilada Casserole  
 Spanish Rice  
 Chili Lime Corn

6  
 Veggie Lasagna  
 Vegan Pesto Pasta  
 Garlic Bread  
 Rainbow Arugula Salad

Portabella Panini

7  
 BBQ Ribs  
 BBQ Portabella Steak  
 Potato Salad  
 Corn on the Cobb

Ham & Chz Panini

8  
 Chinese Beef with Broccoli  
 Vegan Stir Fry  
 Pot Stickers  
 Spring Rolls

Chicken Salad

9  
 Butter Chicken & Rice  
 Vegan Curry & Rice  
 Naan Flatbread  
 Rainbow Radish Slaw

Turkey & Chz Panini

10  
 Gyro  
 Hummus Platter  
 Pita and Tzatziki  
 Fattoush Salad

Greek Tuna Wrap

11  
 Uncured Honey Ham  
 Scalloped Potatoes  
 Glazed Carrots

12  
 French Dip  
 Potato Wedges  
 Coleslaw

13  
 Cobb Salad  
 Vegan Cobb  
 Israeli Couscous  
 Watermelon Radish Salad

Egg Salad Sandwich

14  
 Carnitas Burrito Bowl  
 Vegan Burrito Bowl  
 Rice and Beans  
 Chips & Guacamole

Buffalo Chicken Sandwich w/ Swiss

15  
 Shrimp Ceviche  
 Quinoa Patti w/  
 Rainbow Mango Salsa  
 Corn Bread  
 Spinach Salad

Meatball Sub

16  
 Burger Bar  
 Vegan Burger Bar  
 Rainbow Pasta Salad  
 Side Salad

Pulled Pork

17  
 Chicken Parmesan  
 Eggplant Parmesan  
 Garlic Bread  
 Green Beans

Meatball Sub

18  
 Piña Pork Tacos  
 Chips & Salsa  
 Black Bean Corn Salad

19  
 Lemon Caper Chicken over Penne  
 Garlic Bread  
 Green Beans

20  
 Niçoise Salad  
 Vegan Niçoise  
 French Bread  
 Gazpacho

Mushroom Quesadilla

21  
 Crispy Chicken Sandwich  
 Meatless Chik'n Sandwich  
 Macaroni & Cheese  
 Creamed Spinach

Reuben

22  
 Tuna Avocado Boats  
 Vegan Artichoke Boats  
 Toasted Croissant  
 Radish Salad

Chicken Quesadilla

23  
 Bento Beef Salad  
 Tofu Bento Salad  
 Soba Noodles  
 Rainbow Carrots

Tuna Melt

24  
 Turkey Pot Pie  
 Vegan Pot Pie  
 Cheddar Biscuit  
 Roasted Brussel Sprouts

BLT

25  
 Shrimp Scampi  
 Garlic Bread  
 Steamed Broccoli

26  
 BBQ Chicken  
 Pasta Salad  
 Corn on the Cobb

27  
 Pozole  
 Vegan Pozole  
 Chips and Salsa  
 Jicama Slaw

Crab Cake

28  
 Greek Turkey Burger  
 Greek Portabella Burger  
 Rainbow Orzo Salad  
 Greek Salad

Italian Sub

29  
 Butternut Squash Ravioli  
 Spinach Fettuccine  
 Sourdough  
 Roasted Cauliflower

Veggie Quesadilla

30  
 Alaskan Sole  
 Quinoa Patti with  
 Rainbow Mango Salsa  
 Wild Rice  
 Steamed Broccoli

Club Sandwich



**Eat** the Colors of the **Rainbow**

# Fill up on Phytochemicals from the Harvard Health Letter

*Eating a varied diet of colorful plant foods may have benefits that go beyond the power of vitamins and minerals.*

Published: February, 2019



Image: © sf\_foodphoto/Getty Images

Whenever you bite into a juicy red apple or crunch a mouthful of dark, leafy greens, you consume more than just vitamins, minerals, and fiber. You also get a power-packed bite of plant substances called phytochemicals. They're not known to be essential for health, like vitamins and minerals, but they may go a long way toward keeping us healthy.

"We're still just learning about them. The science is ongoing. But they may help fight cancer and heart disease," says Debbie Krivitsky, director of clinical nutrition at the Cardiovascular Disease Prevention Center at Harvard-affiliated Massachusetts General Hospital.

**What are they?** Phytochemicals are literally plant (phyto) chemicals: compounds in plants (fruits, vegetables, whole grains, nuts, seeds, and legumes) that contribute to their color, taste, and smell. They give carrots their vibrant orange hue, Brussels sprouts their bitter taste, and hot peppers their searing bite. Phytochemicals are found in all edible parts of a plant, especially the skin or peel.

**Superpowers** Scientists estimate there are more than 5,000 phytochemicals, and we're only beginning to understand what the compounds may do for human health. "The most studied are probably the carotenoids, from beta carotene to lycopene in tomatoes. Also, flavonoids have been studied much more in the last 10 years," says Eric Rimm, professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

So far, the evidence indicates that phytochemicals have promising benefits. For example:

- Carotenoids in red, orange, yellow, and green plants (cooked tomatoes, carrots, squash, and broccoli) may inhibit cancer growth and cardiovascular disease, and boost immunity.
- Flavonoids in berries, apples, citrus, onions, soybeans, & coffee may fight inflammation & tumor growth.
- Anthocyanins in berries and red wine are associated with lower blood pressure.
- Resveratrol in red wine, grapes, dark chocolate, & peanuts is associated with longevity in some animals.
- Proanthocyanidins and flavanols in grapes, apples, cocoa, and red wine are linked to better function of the lining of the arteries and reduced blood pressure.
- Sulfides & thiols in onions, garlic, leeks, olives, and scallions may help decrease "bad" LDL cholesterol.
- Isothiocyanates (sulforaphane) in cruciferous vegetables such as broccoli, cabbage, and kale may help protect us against cancer and cardiovascular disease.
- Quercetin in apples, onions, and citrus fruits may help decrease inflammation and blood pressure.
- Terpenes in cherries and citrus fruits may help slow cancer cell growth and fight viruses.
- Lutein and zeaxanthin in dark, leafy greens are linked to eye health.

The benefits aren't yet conclusive. They have been derived from associations between people's diets and health outcomes (which does not show a direct cause and effect), and from laboratory studies of human cells or lab animals (resveratrol, for example, has been shown to help prevent cancer and heart disease in lab mice, but at levels of consumption much higher than found in a human diet).

One thing we do know about phytochemicals: "Almost always, benefits are found only when the phytochemical is consumed in food and not pill form," Rimm points out.

**What you should do** With so many phytochemicals, it could be overwhelming to select specific compounds to try to protect your health. But you don't have to. Most plant foods each contain dozens of phytochemicals (for example, a carrot has more than 100). You should, however, try to eat a varied diet. Krivitsky recommends "eating a rainbow" — many kinds of colorful fruits, vegetables, legumes, nuts, and seeds — in order to scoop up as many different phytochemicals as possible. "They all do different things and they complement each other. So one might block a carcinogen [something that causes cancer], and another might interfere with cancer cell replication." At a minimum, she advises that you aim for five to nine servings of fruits and vegetables each day. What if you don't like red apples or berries? "Choose another red food, like watermelon or red peppers," Krivitsky suggests. "If you're not a lover of kale or broccoli, try lettuce or artichokes. Find foods in each color category and include something from each. The more kinds you eat, the more you'll increase the potential benefits."