



August 2022 Dinner Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>A La Carte</p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	<p>1</p> <p>Tuna Avocado Boats Toasted Croissant Radish Salad</p>	<p>2</p> <p>BBQ Ribs Potato Salad Corn on the Cobb</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Sautéed Zucchini</p>	<p>4</p> <p>Turkey Tacos Refried Beans Guacamole & Chips</p>	<p>5</p> <p>Grilled Chicken Caesar Salad Bread Stick Avocado Half</p>	<p>6</p> <p>Cajun Jambalaya Corn Bread Collard Greens</p>
<p>7</p> <p>Spaghetti & Meatballs Garlic Bread Green beans</p>	<p>8</p> <p>Spanish Paella Toasted Baguette Roasted Vegetables</p>	<p>9</p> <p>Chicken Picatta Mushroom Barley Glazed Carrots</p>	<p>10</p> <p>Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts</p>	<p>11</p> <p>Beef Tamales Refried Beans Guacamole & Chips</p>	<p>12</p> <p>Polish Kielbasa Roasted Red Potatoes Sauerkraut & Peppers</p>	<p>13</p> <p>Chicken Stir-Fry Pot Stickers Sautéed Cabbage</p>
<p>14</p> <p>BBQ Chicken Potato Salad Side Salad</p>	<p>15</p> <p>Salmon Caesar Salad Pasta Salad Radish Salad</p>	<p>16</p> <p>Butter Chicken & Rice Naan Flatbread Carrot-Cumin Slaw</p>	<p>17</p> <p>Gyro Pita and Tzatziki Fattoush Salad</p>	<p>18</p> <p>Beef Stroganoff Dinner Roll Sautéed Kale & Mushrooms</p>	<p>19</p> <p>Turkey Pot Pie Cheddar Biscuit Glazed Carrots</p>	<p>20</p> <p>Chicken Fried Steak Baked Potato Roasted Brussel Sprouts</p>
<p>21</p> <p>Lasagna Garlic Bread Roasted Cauliflower</p>	<p>22</p> <p>Alaskan Sole Quinoa & Brown Rice Squash & Zucchini</p>	<p>23</p> <p>Sausage & Kale Alfredo Sweet Potato House Salad</p>	<p>24</p> <p>Burger Bar Potato Wedges Greek Salad</p>	<p>25</p> <p>Chicken Cordon Bleu Brown Rice Spinach Salad</p>	<p>26</p> <p>Shrimp Scampi French Bread Steamed Broccoli</p>	<p>27</p> <p>Flank Steak Baked Potato Creamed Spinach</p>
<p>28</p> <p>Honey Baked Ham Scalloped Potatoes Green Beans</p>	<p>29</p> <p>Cobb Salad Bread Stick Gazpacho</p>	<p>30</p> <p>Spicy Beef Tacos Spanish Rice Guacamole & Chips</p>	<p>31</p> <p>Chicken Alfredo Focaccia Bread Steamed Broccoli</p>	<p>Did you know?</p> <ul style="list-style-type: none"> Everything is priced a la carte Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 		



Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

Food Sources of 5 Important Nutrients for Vegetarians

Contributors: Sarah Klemm, RDN, CD, LDN Published October 15, 2021



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No matter which vegetarian eating style you follow, it is important to choose a variety of foods, including whole grains, fruits, vegetables, legumes, nuts and seeds. This can help you make sure you are meeting your nutritional needs each day.

Calcium Vegetarians should consume a variety of calcium sources in order to meet daily requirements. Dairy products are a rich source of calcium. If your diet does not include dairy products, calcium can be obtained from plant-based foods, but the amount of calcium that the body can absorb from these foods varies. Here is a list of vegetarian-friendly sources of calcium:

- Low-fat or fat-free milk, yogurt and cheese
- Fortified plant-based milks such as soy or almond
- Fortified ready-to-eat cereals
- Calcium-fortified juice
- Calcium-set tofu
- Some leafy green vegetables including collard greens, turnip greens and kale
- Broccoli
- Beans including soybeans, chickpeas & black beans
- Almonds and almond butter

Iron Vegetarians should consume a variety of iron sources to meet daily requirements. Consuming vitamin C (like citrus fruits, peppers, tomatoes) at each meal helps increase iron absorption. Sources of iron include:

- Fortified breakfast cereals
- Soybeans
- Some dark leafy greens including spinach and chard
- Beans
- Eggs

Protein Protein is found in plant foods as well as animal foods. Your body will make its own complete protein if a variety of foods and enough calories are eaten during the day. Vegetarian sources of protein include:

- Legumes such as beans, peas and lentils
- Whole grains
- Soy products
- Nuts and nut butters
- Dairy products
- Eggs

Vitamin B₁₂ B₁₂ is found in all foods of animal origin, including eggs and dairy products. An adequate intake of vitamin B₁₂ can be a concern for many vegetarians, especially vegans. For those that follow any vegetarian style of eating, choose foods fortified with vitamin B₁₂ and talk with your healthcare provider about if a vitamin B₁₂ (cobalamin) supplement is right for you. Vegetarian sources of B₁₂ include:

- Vitamin B₁₂-fortified foods including fortified nutritional yeast, soy milk, meat substitutes and ready-to-eat cereals (be sure to check the label as not all products on the market are fortified with vitamin B₁₂).
- Dairy products
- Eggs

Vitamin D Few foods are naturally high in vitamin D, but many dairy products are fortified with vitamin D in the United States. People who choose not to eat dairy products and who do not receive exposure to sunlight on a regular basis should discuss the need to take a vitamin D supplement with their health care provider.

Vegetarian sources of vitamin D include:

- Eggs
- Vitamin D-fortified soy milk, cow's milk, orange juice and ready-to-eat cereals
- Mushrooms exposed to UV light

Information provided by Vegetarian Nutrition, a dietetic practice group of the Academy of Nutrition and Dietetics.

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