



August 2022 Lunch Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<u>A La Carte</u>	1	2	3	4	5	6
Entrée.....\$5.98 Vegan Entrée..\$4.25 Starch.....\$1.50 Vegetable.....\$1.50	Veggie Lasagna Vegan Pesto Pasta Garlic Bread Arugula Salad	Beef Tamales Vegan Zucchini Tamales Refried Beans Guacamole & Chips	Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Roasted Squash	Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Superfood Salad	Baja Fish Tacos Baja Vegan Tacos Refried Beans Spicy Cole Slaw	Seasoned Pork Loin Garlic Red Potatoes Warm Cherry Tomato Salad
Sandwich.....\$5.45	Portabella Panini	Ham & Chz Panini	Turkey Reuben	Chicken Salad	Philly Cheesesteak	
7	8	9	10	11	12	13
Enchilada Casserole Spanish Rice Chili Lime Corn	Shrimp Ceviche Quinoa Patti w/ Mango Salsa Corn Bread Spinach Salad Egg Salad	Gyro Hummus Platter Pita and Tzatziki Fattoush Salad	Swedish Meatballs over Egg Noodles Vegan Meatballs Mashed Potatoes Asparagus Club Sandwich	Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef and Cheddar	Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad Meatball Sub	Lemon Caper Chicken over Penne Garlic Bread Steamed Broccoli
14	15	16	17	18	19	20
French Dip Potato Wedges Coleslaw	Shrimp Po Boy Vegan Po Boy Cajun Sweet Potatoes Collard Greens Greek Tuna Wrap	Beef Barbacoa Tacos Sweet Potato Tacos Chips & Salsa Black Bean Corn Salsa Turkey Avocado	Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	BBQ Chicken Potato Salad Coleslaw
21	22	23	24	25	26	27
Piña Pork Tacos Chips & Salsa Black Bean Corn Salad	Niçoise Salad Vegan Niçoise French Bread Gazpacho Veggie Quesadilla	Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Italian Sub	Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	Chinese Beef with Broccoli Vegan Stir Fry Pot Stickers Spring Rolls Turkey & Chz Panini	Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Reuben	Alaskan Sole Wild Rice Green Beans
28	29	30	31	Did you know? <ul style="list-style-type: none"> • Entrées in GREEN are Vegan or Vegetarian • Everything is priced a la carte • Breakfast is served 7:30-10am • Lunch is served 11:30-2pm • Dinner is served 5-7pm 		
Shrimp Scampi Garlic Bread Steamed Broccoli	Pozole Vegan Pozole Chips and Salsa Jicama Slaw Crab Cake	Lemon Pepper Tilapia Chickpea Patty Wild Rice Steamed Broccoli Chicken Quesadilla	Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Tuna Melt			

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

Egg Alternatives

Contributors: Jackie Newgent, RDN, CDN and Sarah Klemm, RDN, CD, LDN Published June 27, 2022



bhofack2/iStock/Thinkstock

Egg Alternatives: The Basics

Whether following a vegan eating plan or swapping out eggs as you prepare a new cuisine, reach for egg alternatives in cooking and baking. The alternative you use will depend on the desired function of the egg in that particular recipe. Eggs in recipes for baked goods are used for functions such as binding, leavening and adding moistness and richness, while their use in savory dishes is often more straightforward. Egg alternatives range from chia gel to tofu, in addition to mixes that make egg replacement easy and effective. For instance, one mix on the market is made from chia seeds and garbanzo beans, in which 1 tablespoon of mix is combined with 2 tablespoons water to provide the equivalent of one egg for use as a binder in recipes, including those for cookies or pancakes. Follow package instructions for best results.

How to Use Egg Alternatives

Here are some top picks for replacing eggs in recipes. One large egg is close to 3 tablespoons. Keep this measurement in mind as a guide during cooking and baking.

- **Scrambled egg alternative:** In place of a large egg, cube 2 oz firm tofu. Sauté while slightly smashing the tofu when preparing to achieve the look of scrambled eggs. Add a pinch of turmeric for an egg-like yellow color. Sprinkle with nutritional yeast for a pop of flavor. If you're craving that egg-y flavor, add a pinch of black salt.
- **Boiled egg alternative:** To mimic the protein and texture of hard-boiled eggs in salads and sandwiches, dice extra-firm tofu (2 ounces tofu for each boiled egg you're replacing) and use as you would chopped hard-boiled eggs. Ready-to-eat baked tofu and white beans are other great options.
- **Binding in baking:** When chia seeds are stirred into water, juice or other liquid, the mixture becomes a recipe-ready gel, which acts as a binder and holds all ingredients together in a baked item. Try this standard version as a large egg equivalent: Mix 1 tablespoon chia seeds with 3 tablespoons water; let stand for 5 minutes. Prefer flaxseed? A tablespoon of ground flaxseed added to the same amount of water can be used instead of chia seeds.
- **Leavening in baking:** When you need a baked good to rise, make chia or flaxseed gel as indicated above, then add ½ teaspoon baking powder to the batter. Multiply based on number of eggs in the original recipe. Powdered egg replacers also are very popular and easy to use — simply follow the manufacturer's instructions and mix the powder with water.
- **Moistness & richness in baking:** Whether your recipe is sweet or savory, these egg alternatives are versatile in baking & provide a winning combination of moistness & richness: mashed banana, applesauce, pureed avocado, garbanzo beans or silken tofu. Use ¼ cup of any of these plant-based ingredients to replace a large egg. The list of egg alternatives in cooking and baking is nearly limitless. When foregoing eggs, experiment with various fruits and vegetables that you have on hand, such as prune puree, apple butter, pumpkin puree and mashed potatoes or sweet potatoes — which are especially ideal for providing moistness while boosting plant-based nutrients. If leavening is needed, also add ½ teaspoon baking powder for each egg being replaced.

Jackie Newgent, RDN, CDN, is a Brooklyn-based culinary nutritionist, writer and media personality.

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