

# January 2023 Dinner Specials

SUNDAY	 MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Cornish Hen Scalloped Potatoes Roasted Asparagus  <i>Happy New Year</i>	2 Alaskan Sole Wild Rice Green Beans	3 Chicken Sausage Garlic Knots Coleslaw	4 Piña Pork Tacos Chips & Salsa Black Bean Corn Salad	5 Cajun Jambalaya Corn Bread Collard Greens	6 Meatloaf Mashed Potatoes Sautéed Zucchini	7 Gyro Pita and Tzatziki Baba Ganoush & Pita
8 Flank Steak Baked Potato Steamed Broccoli	9 Enchilada Casserole Spanish Rice Chili Lime Corn	10 Chinese Beef with Broccoli & Rice Pot Stickers Spring Rolls	11 Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw	12 Chicken Picatta Mushroom Barley Glazed Carrots	13 Turkey Tacos Refried Beans Guacamole & Chips	14 Chicken Cordon Bleu Brown Rice Asparagus
15 Beef Tamales Refried Beans Guacamole & Chips	16 Shrimp Scampi Warm Bread Steamed Broccoli	17 Burger Bar Potato Wedges Greek Salad	18 Spanish Paella Toasted Baguette Roasted Vegetables	19 Chicken Stir-Fry Pot Stickers Baby Bok Choy	20 Spaghetti & Meatballs Garlic Bread Green Beans	21 BBQ Ribs Potato Salad Corn on the Cobb
22 Honey Baked Ham Macaroni & Cheese Green Beans	23 Beer Battered Fish Potato Salad Classic Carrot Salad	24 Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms	25 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	26 Lasagna Garlic Bread Roasted Cauliflower	27 Cobb Salad Warm Bread Cup of Veggie Soup	28 Pesto Salmon Israeli Couscous Asparagus
29 Chicken Fried Steak Baked Potato Side Salad	30 Lemon Pepper Tilapia Wild Rice Steamed Broccoli	31 Sausage & Kale Alfredo Sweet Potato House Salad	<u>A La Carte</u> Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50	<b>Did you know?</b>  <b>Everything is priced a la carte</b> <ul style="list-style-type: none"> <li>• Breakfast is served 7:30-10am</li> <li>• Lunch is served 11:30-2pm</li> <li>• Dinner is served 5-7pm</li> </ul> 		

# How to Keep Your Immune System Healthy

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Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

## Immune-Supporting Nutrients

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt with live cultures and may also be in other fermented foods such as kimchi.
- **Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

## Focus on Balance

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing.

Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

## What About Herbs?

Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications. No one food or supplement can prevent illness.