

January 2023 Lunch Specials

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Cornish Hen Scalloped Potatoes Roasted Asparagus <i>Happy New Year</i>	2 Veggie Lasagna Vegan Pesto Pasta Garlic Bread Spinach Salad Portabella Panini	3 Meatloaf Grilled Portabella Mashed Potatoes Sautéed Zucchini Egg Salad Sandwich	4 Gyro Falafel Wrap Pita & Tzatziki Baba Ganoush & Pita Quesadilla	5 Seasoned Pork Loin Chickpea Patty Garlic Red Potatoes Warm Cherry Tomato Salad Turkey & Chz Panini	6 Enchilada Casserole Vegan Enchilada Casserole Spanish Rice Chili Lime Corn Italian Sub	7 Flank Steak Baked Potato Steamed Broccoli
8 Ravioli Pumpkin Bread Roasted Cauliflower	9 Shrimp Po Boy Vegan Po Boy Cajun Sweet Potatoes Collard Greens Greek Tuna Wrap	10 Chicken Mole Tacos Vegan Mole Tacos Refried Beans Spicy Cole Slaw Turkey Reuben	11 Alaskan Sole Quinoa Patty with Mango Salsa Wild Rice Steamed Broccoli Club Sandwich	12 Beef Stew Vegan Stew Warm Bread Sautéed Kale and Mushrooms Ham & Chz Panini	13 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Superfood Salad Chicken Salad	14 Shepard's Pie Corn Bread Quinoa Kale Salad
15 Greek Turkey Burger Orzo Salad Greek Salad	16 Spanish Paella Vegan Paella Toasted Baguette Roasted Peppers Mushroom Quesadilla	17 Pork Lettuce Wraps Vegan Lettuce Wraps Soba Noodles Spring Rolls Club Sandwich	18 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Reuben	19 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Tuna Melt	20 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	21 Brisket Baked Potato Roasted Carrots
22 Chicken Cordon Bleu Wild Rice Steamed Broccoli	23 Baja Fish Tacos Baja Vegan Tacos Refried Beans Spicy Cole Slaw Egg Salad Sandwich	24 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef and Cheddar	25 Ramen Bowl Vegan Ramen Bowl Veggie Pot Stickers Baby Bok Choy Philly Cheesesteak	26 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	27 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	28 Turkey Tacos Spanish Rice Pico de Gallo & Chips
29 Chicken Shawarma Baba Ganoush Tzatziki with Pita	30 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Crab Cake	31 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	<u>A La Carte</u> Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50 Sandwich.....\$5.45	Did you know? <ul style="list-style-type: none"> Everything is priced a la carte Entrées in GREEN are Vegan or Vegetarian Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 		

Sticking with It! Maintaining Healthy Lifestyle Changes

Contributors: Andrea Johnson, RD, CSP, LDN Published: February 10, 2022



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You might leave your registered dietitian nutritionist's office feeling energized to eat more healthfully. But enthusiasm for healthy changes can wear off quickly. In fact, it takes willpower and motivation to make and maintain changes in your life.

But, press on, arm yourself with a few good strategies, and you'll be on your way to maintaining healthy habits for life.

Make the Most of Your Time

Thinking through your options and making a solid realistic plan can go a long way in making the best use of your time. Enlist a registered dietitian nutritionist as your ally in the quest for healthier living.

Registered dietitian nutritionists will get to know your preferences and lifestyle and discuss personalized strategies that work for you.

Ask for Accountability

Tell a few trusted friends or family members about your plans — they may even want to join you! It really helps to have someone to keep you on track. When you book follow-up sessions with a registered dietitian nutritionist, they serve as professional accountability partner to check in on your goals, assess barriers and revise strategies as needed.

Tap into Technology

In the age of health-savvy gadgets and apps, look around and find the right fit for you. Some devices track steps, sleep habits, heart rate and more. Making a habit of tracking your goals with technology can be as simple as remembering to do a quick check-in after reading your emails. Look for websites that map out trails near you for walking, biking, hiking and running.

Court Some Competition

With workplace wellness initiatives on the rise, many companies now offer health-oriented challenges. These can be a fun way to get to know your co-workers better while keeping the office healthy. Has a friend or family member expressed a desire to be healthier too? Propose a friendly competition with a prize at the end!

Remember to follow up and fine-tune your goals with a registered dietitian nutritionist for that extra support and motivation. RDNs often have fresh ideas for small tweaks in your routine that could have a big impact. Be honest and open about your challenges, and watch your health and fitness improve as you overcome each one.