



February 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

French Dip
 Vegan French Dip
 Potato Salad
 Coleslaw

Italian Sub

2

Orange Chicken Salad
 Orange Tofu Salad
 Soba Noodles
 Cucumber salad

Turkey & Chz Panini

3

Wild Caught Salmon
 Quinoa Patty
 Warm Farro Salad
 Kale Salad



Turkey Avocado

4

Honey Baked Ham
 Macaroni & Cheese
 Creamed Spinach

5

Shepard's Pie
 Corn Bread
 Quinoa Kale Salad

6

Veggie Lasagna
 Vegan Pesto Pasta
 Garlic Bread
 Spinach Salad

Portabella Panini

7

Gyro
 Falafel Wrap
 Couscous
 Baba Ganoush & Pita

Quesadilla

8

Beef Stew
 Vegan Stew
 Warm Bread
 Sautéed Kale and Mushrooms

Ham & Chz Panini

9

Sausage & Kale Alfredo
 Vegan Sausage & Kale Pesto Pasta
 Sweet Potato
 Superfood Salad

Chicken Salad

10

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

Reuben

11

Baja Fish Tacos
 Refried Beans
 Spicy Cole Slaw

12

BBQ Chicken
 Pasta Salad
 Corn on the Cobb

13

Spanish Paella
 Vegan Paella
 Toasted Baguette
 Roasted Peppers

Mushroom Quesadilla

14

Flank Steak
 Grilled Portabella
 Baked Potato
 Steamed Broccoli

Turkey Reuben

15

Pork Lettuce Wraps
 Vegan Lettuce Wraps
 Soba Noodles
 Spring Rolls

Club Sandwich

16

Turkey Pot Pie
 Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli Salad

BLT

17

Butter Chicken & Rice
 Vegan Curry & Rice
 Naan Flatbread
 Carrot-Cumin Slaw

Hot Roast Beef and Cheddar

18

Shrimp Scampi
 Garlic Bread
 Steamed Broccoli

19

Brisket
 Baked Potato
 Roasted Carrots

20

Alaskan Sole
 Quinoa Patty with Mango Salsa
 Wild Rice
 Steamed Broccoli

Egg Salad Sandwich

21

Ramen Bowl
 Vegan Ramen Bowl
 Veggie Pot Stickers
 Baby Bok Choy

Philly Cheesesteak

22

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

Buffalo Chicken Sandwich w/ Swiss

23

Burger Bar
 Vegan Burger Bar
 Pasta Salad
 Side Salad

Pulled Pork

24

Chicken Parmesan
 Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

25

Greek Turkey Burger
 Orzo Salad
 Greek Salad

26

Chicken Fried Steak
 Mashed Potatoes
 Carrots

27

Pozole
 Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Crab Cake

28

Bento Beef Salad
 Tofu Bento Salad
 Soba Noodles
 Parsley Carrots

Tuna Melt

February is American Heart Month & Friday February 3rd is **Go Red for Women Day**. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 3rd! But don't just wear red.



Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.

The Facts about Coconut Oil

Contributors: Barbara Gordon, RDN, LD

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Here's a summary of some of the evidence behind a few of the more common health claims.

So, What's the Truth?

Just like butter, coconut oil is high in saturated fat. Saturated fats may cause blood cholesterol levels to rise. They may promote the buildup of fatty deposits in your arteries and increase your risk of developing heart disease. The 2020-2025 Dietary Guidelines for Americans advise limiting your intake of saturated fat to less than 10% of your daily calories.

Coconut Oil and Health

Here's a summary of some of the evidence behind a few of the more common health claims.

Helping with Weight Loss

Some weight loss programs tout coconut oil because it contains medium chain triglycerides, or MCTs. Advocates for MCTs claim it promotes weight loss, increases metabolism and reduces belly bloat. However, the research is limited. These claims are based on few studies done with a small number of participants. Plus, both the amount of weight and inches lost by study participants were very small. In some of the studies, participants made other changes that could have promoted those changes. For example, they ate fewer calories and exercised more. So, at this time, more research is needed.

Controlling Type 2 Diabetes

Diabetes causes the level of glucose, or sugar, in your blood to rise above the normal level. Animal studies suggest that coconut oil may be beneficial for managing blood sugar. However, findings in animal studies may not be the same for humans. And, there currently is limited evidence supporting the value of coconut oil for people with Type 2 diabetes. If you have Type 2 diabetes, treat coconut oil like any other saturated fat and limit your intake by choosing foods that are higher in unsaturated fat.

Reversing Alzheimer's Disease

The link between brain health and coconut oil stems from the MCTs. Glucose, which your body gets from the foods you eat, is the main source of energy for the brain. Some researchers believe that the brains of individuals with Alzheimer's disease do not efficiently break down glucose for energy. Therefore, their brains need an alternative source of energy. One theory is that the MCTs found in coconut oil may be able to provide that backup energy source. While this sounds encouraging, at this point, research is minimal.

And, so?

What is known is that coconut oil is high in saturated fat. And, diets high in saturated fat may raise cholesterol levels in the body, which could increase your risk for heart attack and stroke.

Research shows that replacing saturated fats, such as coconut oil, with polyunsaturated fats and monounsaturated fats, such as olive oil, is beneficial for overall health.