



March 2023 Lunch Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Did you know?</p> <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 		<p>A La Carte</p> <p>Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50</p> <p>Sandwich.....\$5.45</p>	<p>1</p> <p>French Dip Vegan French Dip Potato Salad Coleslaw</p> <p>Italian Sub</p>	<p>2</p> <p>Niçoise Salad Vegan Niçoise French Bread Gazpacho</p> <p>Steak Quesadillas</p>	<p>3</p> <p>Pork Green Chili with Chile Relleno Vegan Green Chili Cilantro Rice Street Corn</p> <p>Chicken Caesar Wrap</p>	<p>4</p> <p>Shepard's Pie Corn Bread Quinoa Kale Salad</p>
<p>5</p> <p>Honey Baked Ham Macaroni & Cheese Creamed Spinach</p>	<p>6</p> <p>Veggie Lasagna Vegan Pesto Pasta Garlic Bread Spinach Salad</p> <p>Portabella Panini</p>	<p>7</p> <p>Cobb Salad Vegan Cobb Pasta Salad Watermelon Radish Salad</p> <p>Hot Roast Beef and Cheddar</p>	<p>8</p>  <p>Shrimp Ceviche Quinoa Patti w/ Mango Salsa Corn Bread Spinach Salad</p> <p>Turkey Avocado</p>	<p>9</p> <p>Gyro Falafel Wrap Couscous Baba Ganoush & Pita</p> <p>Quesadilla</p>	<p>10</p> <p>Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Superfood Salad</p> <p>Chicken Salad</p>	<p>11</p> <p>Beef Stew Warm Bread Sautéed Kale and Mushrooms</p>
<p>12</p> <p>Greek Turkey Burger Orzo Salad Greek Salad</p>	<p>13</p> <p>Tuna Avocado Boats Vegan Avocado Boats Toasted Croissant Arugula Salad</p> <p>Egg Salad</p>	<p>14</p> <p>Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach</p> <p>Ham & Chz Panini</p>	<p>15</p> <p>Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad</p> <p>BLT</p>	<p>16</p> <p>Pork Lettuce Wraps Vegan Lettuce Wraps Soba Noodles Spring Rolls</p> <p>Club Sandwich</p>	<p>17</p>  <p>Corned Beef Chickpea Patty Boiled Potatoes Cabbage & Carrots</p> <p>Turkey Reuben</p>	<p>18</p> <p>BBQ Chicken Pasta Salad Corn on the Cobb</p>
<p>19</p> <p>Flank Steak Baked Potato Steamed Broccoli</p>	<p>20</p> <p>Spanish Paella Vegan Paella Toasted Baguette Roasted Peppers</p> <p>Mushroom Quesadilla</p>	<p>21</p> <p>Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw</p> <p>Reuben</p>	<p>22</p> <p>Burger Bar Vegan Burger Bar Pasta Salad Side Salad</p> <p>Pulled Pork</p>	<p>23</p> <p>Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole</p> <p>Buffalo Chicken Sandwich w/ Swiss</p>	<p>24</p> <p>Ramen Bowl Vegan Ramen Bowl Veggie Pot Stickers Baby Bok Choy</p> <p>Philly Cheesesteak</p>	<p>25</p> <p>Brisket Baked Potato Roasted Carrots</p>
<p>26</p> <p>Shrimp Scampi Garlic Bread Steamed Broccoli</p>	<p>27</p> <p>Pozole Vegan Pozole Chips and Salsa Jicama Slaw</p> <p>Crab Cake</p>	<p>28</p> <p>Alaskan Sole Quinoa Patty with Mango Salsa Wild Rice Steamed Broccoli</p> <p>Egg Salad Sandwich</p>	<p>29</p> <p>Orange Chicken Salad Orange Tofu Salad Soba Noodles Cucumber salad</p> <p>Turkey & Chz Panini</p>	<p>30</p> <p>Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots</p> <p>Tuna Melt</p>	<p>31</p> <p>Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans</p> <p>Meatball Sub</p>	

National Nutrition Month® was initiated in 1973 as National Nutrition Week. It became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 8th.



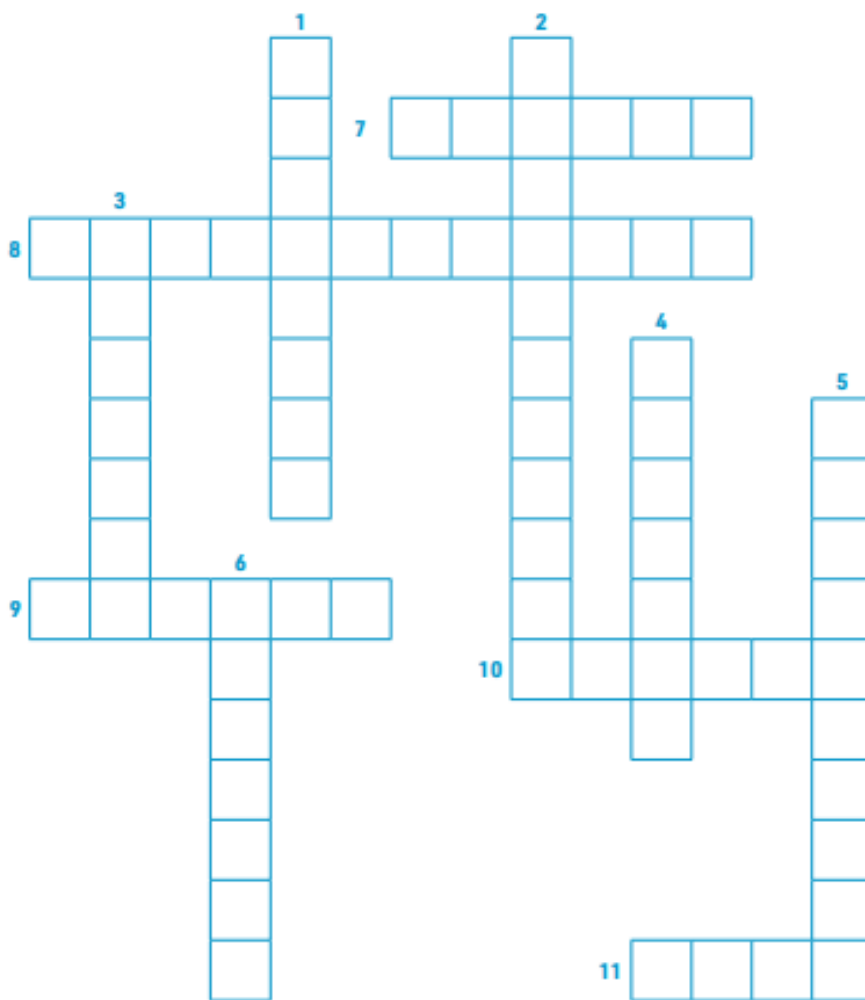
CROSSWORD

DOWN

1. When corn is dried and processed, it can be made into this ingredient which is used for dishes like polenta, grits, and cornbread.
2. These tiny fruits are available fresh, frozen, or dried and include a color in their name.
3. This fruit is a cross between a pomelo and a tangerine.
4. This fish is often used in Cajun cuisine or may be coated (in the answer to #1 Down) and baked or fried.
5. A low-fat, slightly sour beverage that is part of the Dairy Group.
6. Found in the produce section and is often bumpy on the outside and smooth and green on the inside when ripe. It's also the main ingredient in guacamole.

ACROSS

7. A type of quick-cooking wheat kernel that's popular in dishes like pilaf, tabbouleh, and kibbeh.
8. This dairy food is common in lunchboxes and a popular snack for children and adults.
9. This vegetable may be eaten raw or cooked and is used to make sauces for pasta.
10. These seeds have a nutty taste and are the main ingredient in tahini. They can also be used in a variety of other dishes or pressed into an oil that's used for cooking.
11. This game bird is found on dinner tables in some households during the holidays and special occasions.



ANSWERS

