



May 2023 Dinner Specials

SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<u>A La Carte</u>	1	2	3	4	5	6
Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50	Beer Battered Fish Potato Salad Classic Carrot Salad	Turkey Tacos Refried Beans Pico de Gallo & Chips	Cobb Salad Pasta Salad Watermelon Radish Salad	Meatloaf Mashed Potatoes Sautéed Zucchini	Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	BBQ Ribs Baked Beans Corn on the Cobb
7 Chicken Picatta Mushroom Barley Glazed Carrots	8 Ahi Tuna Steaks Rice Pilaf Arugula Salad	9 Gyro Couscous Hummus & Veggies	10 Pifia Pork Tacos Chips & Salsa Black Bean Corn Salad	11 BBQ Chicken Pasta Salad Corn on the Cobb	12 Burger Bar Red Potato Wedges Greek Salad	13 Chicken Mole Tacos Refried Beans Spicy Cole Slaw
14 <i>Mother's Day</i> Ham & Swiss Quiche Breakfast Potatoes Arugula Salad	15 Spanish Paella Toasted Baguette Roasted Peppers	16 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	17 Chicken Sausage Potato Pierogis Coleslaw	18 Chinese Beef with Broccoli & Rice Pot Stickers Spring Rolls	19 Seasoned Pork Loin Macaroni & Cheese Creamed Spinach	20 Grilled Chicken Caesar Salad Bread Stick Avocado Half
21 Turkey & Quinoa Stuffed Peppers Zucchini Bread Spinach Soufflé	22 Alaskan Sole Wild Rice Green Beans	23 Flank Steak Baked Potato Asparagus	24 Chicken Stir-Fry Pot Stickers Baby Bok Choy	25 Sausage & Kale Alfredo Sweet Potato House Salad	26 Pesto Salmon Israeli Couscous Asparagus	27 Enchilada Casserole Spanish Rice Chili Lime Corn
28 Spaghetti & Meatballs Garlic Bread Green Beans	29 Lemon Pepper Tilapia Wild Rice Parsley Carrots	30 Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw	31 Shrimp Scampi Warm Bread Steamed Broccoli	Did you know? <ul style="list-style-type: none"> Everything is priced a la carte Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 		

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

For Tops in Nutrition, Shop Farmers Market

Contributors: Esther Ellis, MS, RDN, LDN Published: June 23, 2020



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What's your biggest obstacle to healthful eating? Perhaps you think fruits and vegetables are too expensive or just don't like the way they taste. Your local farmers markets can help you overcome these barriers. In many cases, food at the farmers market is more affordable and it is locally grown and naturally ripened. Taste is a key deciding factor in our food choices and delicious, fresh produce can help us eat the recommended amounts of fruits and vegetables.

Talk to the Farmer

Farmers markets are wonderful places to find ideal specimens of your favorite summer foods such as tomatoes, berries, beets and herbs, but market-goers will find joy in discovering new foods as well. And when you encounter a new fruit variety or heirloom vegetable you've never seen before, you're in the right place to find out more about it — you can ask the farmer who grew it! Ask them for recommendations on preparing and serving the food.

Talking to the farmers also is a great idea if your goal is to buy locally or organically grown foods. Some farmers say they use organic methods, but choose not to submit to the process required to legally use the term; some farmers use a mixture of organic and conventional methods; some farmers make absolutely no claim to being organic; and some small organic farmers are permitted to call themselves "organic" but are not "certified organic." If these are important factors to you, be sure to ask farmers how they grow their food.

What's in Season?

To find your local markets and learn what your local farmers are harvesting right now, consider using websites such as [LocalHarvest.org](https://www.localharvest.org) and [Local Food Directories](#). Even experienced farmers market patrons will benefit from these resources.

How to Shop

While many markets have sellers offering items such as free-range eggs, fresh breads and pastries, local honey, grass-fed beef and fresh-cut flowers, be sure to stock up on produce. Also, be mindful of food safety and pay attention to the vendors' food safety practices as you shop. For example, all meat and dairy products should be in a cooler with ice.

There are a couple strategies to get the best results out of farmers markets depending on your purpose. If you want your pick of the most beautiful, photo-quality produce imaginable, you'll need to arrive before the crowds. If you want deals, however, go ahead and sleep in. Sometimes sellers offer discounts for produce remaining at the end of the day.

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