



May 2023 Lunch Specials

SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A La Carte Entrée.....\$5.98 Vegan Entrée..\$4.25 Starch.....\$1.50 Vegetable.....\$1.50  Sandwich.....\$5.45	1 Lemon Pepper Tilapia Quinoa Patty Wild Rice Steamed Broccoli	2 Lasagna Vegan Pesto Pasta Garlic Bread Arugula Salad	3 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad	4 Enchilada Casserole Vegan Enchilada Casserole Spanish Rice Chili Lime Corn	5 Seasoned Pork Loin Grilled Portabella Garlic Red Potatoes Warm Cherry Tomato Salad Chicken Caesar Wrap	6 Baja Fish Tacos Refried Beans Black Bean Corn Salsa
7 Flank Steak Baked Potato Steamed Broccoli	8  <u>Hospital Week Lunch</u> Hickory House BBQ Black Bean Burgers Cheesy Potatoes Baked Beans Cornbread Muffins Coleslaw Kale Salad	9 Niçoise Salad Vegan Niçoise French Bread Gazpacho Portabella Panini	10 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Turkey Reuben	11  <u>Hospital Week Lunch</u> Taco Bar Vegan Taco Bar Rice and Beans Chips and Salsa All the Fixings	12 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Superfood Salad Ham & Chz Panini	13 Shepard's Pie Corn Bread Quinoa Kale Salad
14 <i>Mother's Day</i> Ham & Swiss Quiche Breakfast Potatoes Arugula Salad	15 Chicken Caesar Salad Vegan Caesar Salad Warm Bread Corn on the Cobb Quesadilla	16 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	17 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	18 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Reuben	19 Pork Lettuce Wraps Vegan Lettuce Wraps Soba Noodles Spring Rolls Club Sandwich	20 Shrimp Ceviche Corn Bread Spinach Salad
21 Greek Turkey Burger Orzo Salad Greek Salad	22 Tuna Avocado Boats Vegan Avocado Boats Toasted Croissant Arugula Salad Egg Salad	23 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	24 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Tuna Melt	25 Ramen Bowl Vegan Ramen Bowl Veggie Pot Stickers Baby Bok Choy Philly Cheesesteak	26 Alaskan Sole Quinoa Patty with Mango Salsa Wild Rice Steamed Broccoli Turkey & Chz Panini	27 Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms
28 Shrimp Scampi Garlic Bread Steamed Broccoli	29 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Crab Cake	30 Chinese Beef with Broccoli Vegan Stir Fry Pot Stickers Spring Rolls Chicken Salad	31 Gyro Falafel Wrap Couscous Baba Ganoush & Pita Turkey Avocado	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 		

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

Bison a Healthier Red Meat

Contributors: Esther Ellis, MS, RDN, LDN **Published:** November 14, 2019



monica-photo/iStock/Thinkstock

Although bison have been roaming the North American Plains for hundreds of years, their meat is a relative newcomer to dinner tables in the U.S.

Since eating a diet low in saturated fat may help lower the risk of heart disease, nutrient-rich bison has gained a great deal of acceptance and bison burgers, chili, stews and other dishes are popping up in kitchens across the country. If you enjoy red meat but want to limit saturated fat in your diet, bison — with its sweet, rich flavor — is a practical and versatile choice.

A 3-ounce grass-fed cooked bison burger has 152 calories, 7 grams of total fat and 3 grams of saturated fat. This same serving of bison is relatively low in cholesterol (60 milligrams), is an excellent source of vitamin B₁₂ and a good source of iron.

Since it is leaner than other red meat, bison easily can be overcooked. Braising or stewing work best with large, less tender cuts, such as the brisket. Broiling, grilling and pan frying are ideal for thinner cuts, including sirloin tip and inside round steaks. Enjoy ground bison in hamburgers, chilies, meatballs, pasta sauces, fajitas, nachos and stroganoff. Bison also can be substituted for beef in most dishes.

Found in farmers markets, local supermarkets or specialty stores, bison is sold by numerous online companies as well. Use or freeze ground raw bison within two days, or three to five days for large cuts. Uncooked ground bison can be frozen up to four months and large cuts up to nine months.

Karen Ehrens, RD, Nicole Anziani, MS, RD, CDN, CLC, and Chef J. Hugh McEvoy, CRC, CEC, contributed to this article.