



February 2024 Dinner Specials



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>Did you know?</p> <ul style="list-style-type: none"> Everything is priced a la carte Breakfast is served 7:30-10 Lunch is served 11:30-2pm Dinner is served 5-7pm 		<p>A La Carte</p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	<p>1</p> <p>Chinese Beef with Broccoli Pot Stickers Egg Rolls</p>	<p>2</p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p> 	<p>3</p> <p>Kielbasa w/ Peppers & Sauerkraut Potato Pierogis Roasted Broccoli</p>
<p>4</p> <p>Chicken Picatta Mushroom Barley Spinach Salad</p>	<p>5</p> <p>Shrimp Fajitas Refried Beans Guacamole & Chips</p>	<p>6</p> <p>Meatloaf Mashed Potatoes Sautéed Zucchini</p>	<p>7</p> <p>Chicken Stir-Fry Fried Rice Baby Bok Choy</p>	<p>8</p> <p>Turkey Tacos Spanish Rice Pico de Gallo & Chips</p>	<p>9</p> <p>BBQ Ribs Corn Bread Coleslaw</p>	<p>10</p> <p>Chicken Sausage Roasted Red Potatoes Sautéed Veggies</p>
<p>11</p> <p>Turkey Chili Bar Corn Bread Sautéed Zucchini</p>	<p>12</p> <p>Beer Battered Fish Potato Salad Classic Carrot Salad</p>	<p>13</p> <p>Chicken Stir-Fry Fried Rice Baby Bok Choy</p>	<p>14</p> <p>Flank Steak Baked Potato Asparagus</p>	<p>15</p> <p>Turkey Pot Pie Cheddar Biscuit Glazed Carrots</p>	<p>16</p> <p>Gyro Couscous Hummus & Veggies</p>	<p>17</p> <p>Ham & Swiss Quiche Breakfast Potatoes Arugula Salad</p>
<p>18</p> <p>Sausage & Kale Alfredo Sweet Potato House Salad</p>	<p>19</p> <p>Turkey & Quinoa Stuffed Peppers Zucchini Bread Spinach Soufflé</p>	<p>20</p> <p>Chicken Caesar Salad French Bread Butternut Squash Soup</p>	<p>21</p> <p>Steak Tacos Spanish Rice Chips & Salsa</p>	<p>22</p> <p>Shrimp Scampi Bread Stick Asparagus</p>	<p>23</p> <p>Stuffed Shells Garlic Bread Chopped Spinach</p>	<p>24</p> <p>Burger Bar Red Potato Wedges Greek Salad</p>
<p>25</p> <p>Chicken Parmesan Bread Sticks Green Beans</p>	<p>26</p> <p>Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli</p>	<p>27</p> <p>Spaghetti Bolognese Garlic Bread Side Salad</p>	<p>28</p> <p>Chicken Fried Steak Scalloped Potatoes Glazed Carrots</p>	<p>29</p> <p>Cobb Salad Quinoa Salad Roasted Carrot Soup</p>		

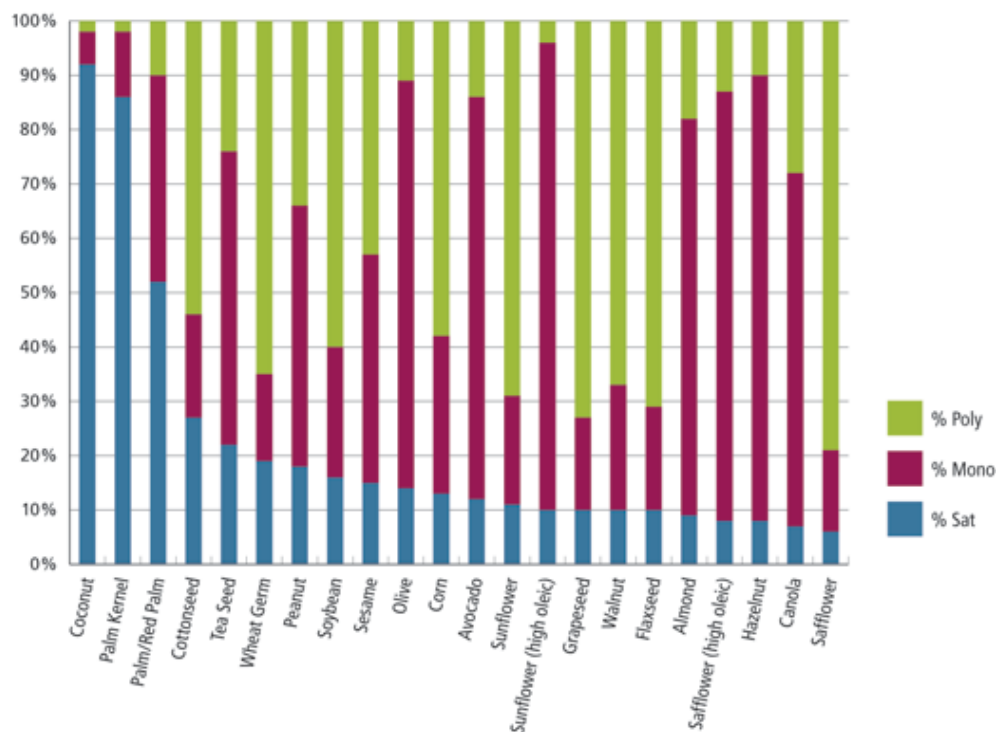
February is American Heart Month & Friday February 2nd is **Go Red for Women Day**. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 2nd! But don't just wear red. **Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.**

Study Affirms Mediterranean Diet Improves Heart Health

A team of Johns Hopkins researchers has uncovered further evidence of the benefits of a balanced diet that replaces white bread and pasta carbohydrates with unsaturated fat from avocados, olive oil, and nuts—foods typical of the so-called Mediterranean diet.

In a report prepared for the American Heart Association's scientific sessions in Orlando, the Johns Hopkins investigators said swapping out certain foods can improve heart health in those at risk for cardiovascular disease, even if the dietary changes aren't coupled with weight loss.

Fatty Acid Percentages of Various Oils⁹



“The introduction of the right kind of fat into a healthy diet is another tool to reduce the risk of future heart disease,” said Meghana Gadgil, MD, MPH, a postdoctoral fellow in the division of general internal medicine at the Johns Hopkins University School of Medicine who presented the research.

Gadgil and her colleagues analyzed data from the OmniHeart Trial, which studied the cardiovascular effects of three different balanced diets on 164 people with mild hypertension but no diabetes. The researchers compared the body's ability to regulate blood sugar and maintain healthy insulin levels while on a carbohydrate-rich diet, a protein-rich diet and a diet rich in unsaturated fats. People whose bodies fail to effectively use insulin usually develop type 2 diabetes, which is a major risk factor for heart disease.

The researchers found that a generally balanced diet higher in unsaturated fats such as those in avocados, olive oil and nuts improves insulin use significantly more than a diet high in carbohydrates, particularly such refined carbs as white bread and pasta. The preferred diet is very similar to the Mediterranean diet, inspired by the foods of southern Italy and Greece and emphasizing healthy fats, fruits, and vegetables.

Each participant in the study was fed each of the three diets for six weeks in a row, with two to four weeks off in between. Blood samples were collected after fasting periods in weeks four and six of each diet, and used to monitor insulin and glucose levels. The study was designed to keep participants at their starting weights. “A lot of studies have looked at how the body becomes better at using insulin when you lose weight,” Gadgil said. “We kept the weight stable so we could isolate the effects of the macronutrients. What we found is that you can begin to see a beneficial impact on heart health even before weight loss.”

Source: Johns Hopkins Medicine