



February 2024 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
- Items in pink are heart healthy

A La Carte

Entrée.....\$5.98
Vegan Entrée \$4.25
 Starch.....\$1.50
 Vegetable.....\$1.50

Sandwich.....\$5.45

1
 Butter Chicken & Rice
 Vegan Curry
 Naan Flatbread
 Carrot-Cumin Slaw

Hot Roast Beef

2
 Salmon Quinoa Bowl
 Vegan Quinoa Bowl
 Sweet Potato
 Kale Salad



Turkey Avocado Wrap

3
 Brunch for Lunch
 Breakfast Potatoes
 Arugula Salad

4
 Lemon Caper Chicken
 Steamed Rice
 Green Beans

5
 Spanish Paella
 Vegan Paella
 Toasted Baguette
 Roasted Peppers

Mushroom Quesadilla

6
 Chicken Mole Tacos
 Vegan Mole Tacos
 Refried Beans
 Spicy Cole Slaw

Turkey Reuben

7
 Meatloaf
 Quinoa Patty
 Mashed Potatoes
 Sautéed Zucchini

Egg Salad Sandwich

8
 Sausage & Kale Alfredo
 Vegan Sausage & Kale Pesto Pasta
 Sweet Potato
 Arugula Salad

Philly Cheesesteak

9
 Burger Bar
 Vegan Burger Bar
 Pasta Salad
 Side Salad

Chili Dog

10
 Niçoise Salad
 French Bread
 Tomato Soup

11
 Beef Stew
 Warm Bread
 Sautéed Kale and Mushrooms

12
 Pozole
 Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Crab Cake

13
 Greek Turkey Burger
 Greek Portabella Burger
 Orzo Salad
 Greek Salad

Turkey Bacon Wrap

14
 Salmon Caesar Salad
 Vegan Caesar Salad
 Warm Bread
 Watermelon Mint Salad

Quesadilla

15
 Gyro
 Chickpea Falafel
 Greek Orzo
 Baba Ganoush with Pita

Turkey & Chz Panini

16
 Chicken Parmesan
 Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

17
 Flank Steak
 Baked Potato
 Asparagus

18
 Chicken Cordon Bleu
 Wild Rice
 Steamed Broccoli

19
 Shrimp Po Boy
 Vegan Po Boy
 Cajun Sweet Potatoes
 Collard Greens

Greek Tuna Wrap

20
 Carnitas Burrito Bowl
 Vegan Burrito Bowl
 Rice and Beans
 Chips & Guacamole

Buffalo Chicken Sandwich

21
 Cobb Salad
 Vegan Cobb
 Quinoa & Rice
 Cup of Pea Soup

Reuben

22
 French Dip
 Stuffed Squash
 Potato Wedges
 Coleslaw

Chicken Salad

23
 Crispy Chicken Sandwich
 Meatless Chik'n Sandwich
 Macaroni & Cheese
 Creamed Spinach

Italian Sub

24
 Ramen Bowl
 Veggie Pot Stickers
 Baby Bok Choy

25
 Tuna Avocado Boats
 Toasted Croissant
 Arugula Salad

26
 Arturo's Kale Salad
 Arturo's Vegan Kale Salad
 Corn Bread
 Tomato Basil Soup

Portabella Panini

27
 Turkey Pot Pie
 Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli Salad

BLT

28
 Pork Lettuce Wraps
 Vegan Lettuce Wraps
 Soba Noodles
 Spring Rolls

Club Sandwich

29
 Bento Beef Salad
 Tofu Bento Salad
 Soba Noodles
 Peas & Carrots

Club Sandwich



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.

Heart Health for Women

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Juanmonino/iStock/Getty Images Plus/Getty Images

In the United States, heart disease is the leading cause of death in women. Diet, lifestyle choices and a few other key factors play a big role in a wide range of heart conditions. Take care of your heart by choosing foods to promote overall health.

Fruits and Vegetables Matter When it comes to loading your plate, fruits and vegetables are where it's at. Not only are they sources of dietary fiber and antioxidants, they also can help keep blood pressure in check. High blood pressure is a major risk factor for heart attack and stroke. What makes fruits and vegetables so good? They provide potassium and magnesium, minerals that have been shown to help lower blood pressure in clinical studies. Aiming for 1 ½ to 2 cups of fruit and 2 to 3 cups of vegetables daily, is a good way to help meet your potassium goals. Plus, research has shown that fruit and vegetable intake is associated with a reduced risk for many chronic diseases, including heart disease.

Fat Matters for the Heart The type of fat you eat also makes a difference. According to the 2020-2025 *Dietary Guidelines for Americans*, a healthy eating pattern should provide less than 10% total calories from saturated fat starting at age 2. An eating plan high in saturated fat may increase the risk for heart disease. Foods such as bacon, sausages, fatty meats, butter, ice cream and other full-fat dairy foods can be high in saturated fat. Replacing sources of saturated fat with unsaturated fats has been shown to be beneficial in reducing “bad” cholesterol levels and may help lower the risk for heart disease. Foods such as olive oil, canola oil, avocados, nuts and seeds contain unsaturated fat.

Omega-3 fatty acids are a special type of unsaturated fat commonly found in fatty fish, such as salmon, mackerel, tuna and herring. They also are found in walnuts and flaxseed. Fish is a good source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), whereas nuts and seeds contain alpha-linolenic acid (ALA). Because these foods contain different types of omega-3 fatty acids, it is good to include a variety of these foods among the foods you eat throughout the week (Women who are of childbearing age, pregnant or breastfeeding should consult the [“Advice about Eating Fish”](#) from the U.S. Food and Drug Administration and the Environmental Protection Agency.)

Stay Active for Heart Health Regular physical activity also can be beneficial. Get at least 2 hours and 30 minutes of moderate-intensity physical activity each week, with some activity on most days of the week. Maintaining a healthy weight can also help manage certain conditions like high blood pressure. According to the Physical Activity Guidelines for Americans, everyone varies in how much physical activity they need to maintain their weight.

Other Risk Factors While you can change what you eat and whether you are physically active, there are some risk factors for heart disease you cannot change. These include:

- **Aging:** The risk for heart disease increases with age.
- **Family History:** Having a close blood relative, such as a parent or sibling, with heart disease increases your risk of having heart disease.
- **Race:** Some races have a higher risk of heart disease and stroke.
- **Previous Heart Attack:** A history of past heart attacks can increase the odds of having another one in the future. However, in this case, there are things you can do to reduce your risk, such as eating healthfully and participating in cardiac rehab.