



March 2024 Lunch Specials



Sunday



Tuesday

Wednesday

Thursday

Friday

Saturday

Did you know?

- Entrées in **GREEN** are **Vegan or Vegetarian**
- Everything is priced **a la carte**
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm



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

Shepard's Pie
Corn Bread
Quinoa Kale Salad

3

Niçoise Salad
French Bread
Tomato Soup

4

Taco Salad
Vegan Taco Salad
Spanish Rice
Guacamole & Chips

Veggie Quesadilla

5

Meatloaf
Quinoa Patty
Mashed Potatoes
Sautéed Zucchini

Egg Salad Sandwich

6

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

Philly Cheesesteak

7

Shrimp Ceviche
Quinoa Patty with Mango Salsa
Oat Muffin
Spinach Salad

Turkey Reuben

8

Flank Steak
Portabella Steak
Baked Potato
Roasted Beets

Ham & Chz Panini

9

Lemon Caper
Chicken
Steamed Rice
Green Beans

10

Enchilada Casserole
Spanish Rice
Sautéed Spinach

11

Salmon Caesar
Salad
Vegan Caesar Salad
Warm Bread
Watermelon Mint
Salad

Quesadilla

12

Chicken Parmesan
Eggplant Parmesan
Garlic Bread
Green Beans

Meatball Sub

13



Greek Turkey Burger
Greek Portabella Burger
Orzo Salad
Greek Salad

Turkey Bacon Wrap

14

Burger Bar
Vegan Burger Bar
Pasta Salad
Side Salad

Chili Dog

15

Cobb Salad
Vegan Cobb
Quinoa & Rice
Cup of Pea Soup

Reuben

16

Lasagna
Garlic Bread
Side House Salad

17

Corned Beef
Boiled Potatoes
Cabbage & Carrots



18

Pozole
Vegan Pozole
Chips and Salsa
Jicama Slaw

Crab Cake

19

French Dip
Stuffed Squash
Potato Wedges
Coleslaw

Chicken Salad

20

Gyro
Chickpea Falafel
Greek Orzo
Baba Ganoush
with Pita

Turkey & Chz Panini

21

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

Italian Sub

22

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

Buffalo Chicken
Sandwich

23

Ramen Bowl
Veggie Pot Stickers
Baby Bok Choy

24

Tuna Avocado Boats
Toasted Croissant
Arugula Salad

25

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

Portabella Panini

26

Pork Lettuce Wraps
Vegan Lettuce Wraps
Fried Rice
Spring Rolls

Club Sandwich

27

Turkey Pot Pie
Vegan Pot Pie
Cheddar Biscuit
Vegan Broccoli
Salad

BLT

28

Bento Beef Salad
Tofu Bento Salad
Soba Noodles
Peas & Carrots

Club Sandwich

29

Shrimp Po Boy
Vegan Po Boy
Cajun Sweet Potatoes
Collard Greens

Greek Tuna Wrap

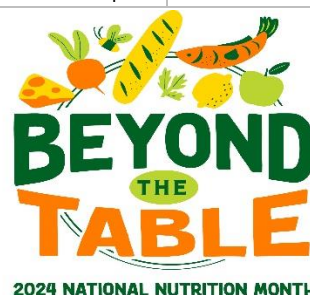
30

Chicken Cordon Bleu
Wild Rice
Steamed Broccoli

31

Chicken Mole Tacos
Refried Beans
Spicy Cole Slaw

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 13th**.



National Nutrition Month: Beyond the Table

Making Nutritious and Sustainable Dietary Choices Every Day

Published on March 01, 2024

Anja Grommons, MA, RD – Pediatric Clinical Dietitian



It's that time of year again – Happy National Nutrition Month! From trying new foods and testing out new recipes to growing your produce and checking out your local farmer's market, there are so many ways to celebrate. This year, we are thinking beyond the table and reflecting on the origin of our food, our contribution to food waste and our overall dietary carbon footprint. If you're looking to dive into the environmental impact of your eating habits, we've got the tips you're looking for!

Sustainable Food Sourcing: Farm-to-Fork

Walking the aisles at the grocery store, you will find endless options to choose from. However, food is responsible for about 26 percent of our total

greenhouse gas emissions in the U.S. Choosing to shop locally when it is an option can help reduce the harmful carbon emissions associated with the land usage, transportation, retail and packaging of our food. When you think of your local farmer's market, the first thing to come to mind may be fruits and vegetables. There are plenty of these in Southwest Michigan, but did you know that there are many local places to buy fresh baked goods, too? There are also many local shops where you can buy items like homemade bread and pasta, farm-raised meat and dairy, fresh juices, flavorful condiments and so much more. Some farmer's markets and local shops accept SNAP/EBT, WIC Project FRESH coupons and Senior Project FRESH coupons.

Another way to shop local is to join a Community Supported Agriculture farm (CSA). Or, if you have a green thumb, you can consider growing your fruits, vegetables and herbs at home or by joining a community garden in your neighborhood.

Reduce Your Carbon Footprint by Eating More Plant-Based Foods

Following a plant-based diet or eating more meatless meals is another way you can reduce your environmental impact. Studies show that eating a more plant-forward diet can reduce diet-related greenhouse gas emissions by up to 49 percent.

No matter where you shop, try centering your meals around nutritionally dense, plant powerhouses like energizing whole grains (barley, quinoa and wild rice), fiber-rich legumes (beans, peas and lentils) and a variety of produce (fresh, frozen and canned fruits and veggies).

In addition to being a sustainable choice, well-planned plant-based eating can be quite nutritious.

Research currently suggests that diets rich in plant-based foods and lower in animal foods have been associated with a decreased risk of chronic illness, cardiovascular morbidity and mortality among the general population.

Reducing Food Waste Through Strategic Meal Planning

If shopping locally isn't always realistic for you and plant-based eating doesn't seem feasible, you can still work to reduce your environmental impact. Try limiting unnecessary food waste. In the United States, we waste 80 million tons of food every year! Before you even step foot into a store, take inventory of what you already have at home so you don't purchase more than you can use. When planning your meals, use what you already have as a starting point. When looking through your fridge and while at the store, pay attention to expiration and best buy dates.

It's a good idea to take regular inventory of your food. Check what is about to go bad and make sure to use it. For example, if you have a lot of fresh veggies that are starting to go bad, use them in a soup or stir fry right away or freeze them for later. In addition to reducing food waste, building habits around cooking at home is also a great way to save some money.

From sustainable food sourcing to plant-based eating and being aware of your food waste, there are many ways to improve your dietary carbon footprint. No matter what resonates with you, don't expect perfection. Consider making small, intentional changes to your eating habits beyond the table this March and beyond!