



# July 2024 Dinner Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>A La Carte</b></p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	<p>1</p> <p>Cobb Salad Quinoa Salad Gazpacho</p>	<p>2</p> <p>Ham &amp; Swiss Quiche Breakfast Potatoes Arugula Salad</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Sautéed Zucchini</p>	<p>4</p>  <p>BBQ Ribs Corn Bread Coleslaw</p>	<p>5</p> <p>Turkey Tacos Spanish Rice Pico de Gallo &amp; Chips</p>	<p>6</p> <p>Chicken Stir-Fry Fried Rice Stir Fried Veggies</p>
<p>7</p> <p>Sausage &amp; Kale Alfredo Sweet Potato House Salad</p>	<p>8</p> <p>Turkey &amp; Quinoa Stuffed Peppers Garlic Bread Spinach Soufflé</p>	<p>9</p> <p>Honey Baked Ham Macaroni &amp; Cheese Green Beans</p>	<p>10</p> <p>Chicken Alfredo Focaccia Bread Steamed Broccoli</p>	<p>11</p> <p>Beef Stew Warm Bread Sautéed Kale and Mushrooms</p>	<p>12</p> <p>Gyro Couscous Hummus &amp; Veggies</p>	<p>13</p> <p>Chicken Mole Tacos Refried Beans Spicy Cole Slaw</p>
<p>14</p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p>	<p>15</p> <p>Alaskan Sole Lemon Orzo Roasted Carrots</p>	<p>16</p> <p>Chicken Cordon Bleu Macaroni &amp; Cheese Roasted Broccoli</p>	<p>17</p> <p>Beef Fajitas Black Beans Sautéed Peppers</p>	<p>18</p> <p>Turkey Pot Pie Cheddar Biscuit Glazed Carrots</p>	<p>19</p> <p>Piña Pork Tacos Chips &amp; Salsa Black Bean Corn Salad</p>	<p>20</p> <p>Flank Steak Baked Potato Asparagus</p>
<p>21</p> <p>Turkey Picatta Mushroom Barley Green Beans</p>	<p>22</p> <p>Tuna Avocado Boats Toasted Croissant Arugula Salad</p>	<p>23</p> <p>Cajun Jambalaya Corn Bread Collard Greens</p>	<p>24</p> <p>Steak Tacos Spanish Rice Chips &amp; Salsa</p>	<p>25</p> <p>Shrimp Scampi Warm Bread Steamed Broccoli</p>	<p>26</p> <p>BBQ Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw</p>	<p>27</p> <p>Chicken Parmesan Bread Sticks Green Beans</p>
<p>28</p> <p>Burger Bar Red Potato Wedges Greek Salad</p>	<p>29</p> <p>Grilled Chicken Caesar Salad Bread Stick Avocado Half</p>	<p>30</p> <p>Pesto Salmon Israeli Couscous Warm Cherry Tomatoes &amp; Basil</p>	<p>31</p> <p>Chicken Fried Steak Scalloped Potatoes Roasted Brussel Sprouts</p>	<p><b>Did you know?</b></p> <ul style="list-style-type: none"> <li>• Everything is priced a la carte</li> <li>• Breakfast is served 7:30-10am</li> <li>• Lunch is served 11:30-2pm</li> <li>• Dinner is served 5-7pm</li> </ul> 		

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

# Best Foods for Fourth of July Grilling

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For millions of Americans, the Fourth of July means firing up the grill and chowing down on family favorites. This year, plan ahead with a combination of healthy grilling options!

- Plan ahead — you want half of both yours and your child's plate to be veggies and fruits, one quarter protein and one quarter grains.
- Prepare a vegetable plate in minutes with grilled squash, mushrooms, peppers, corn, carrots or cauliflower. Toss the veggies with a splash of olive oil and your favorite seasoning and place them on the grill. Do this first and set them out for everyone to munch on while the other food is prepared.
- Trade traditional mayo-heavy coleslaw for a fresh carrot salad dressed with plain Greek yogurt, raisins and chopped apples. This sweet and crunchy dish is a kid favorite!
- Combine a cooked whole-wheat pasta such as bowtie, penne, or orzo or grain such as couscous, quinoa, millet or sorghum with Chinese broccoli, beans and colorful peppers to create a pasta salad.
- Choose lean ground beef, turkey or chicken for your burgers. Kids also enjoy veggie burgers made of chickpeas or black beans.
- Make sliders instead of full-size burgers. Use whole-grain dinner rolls for the buns. Serve them with romaine lettuce leaves and tomato slices.
- Grill marinated shrimp or chicken skewers. Add peppers or grape tomatoes for sweetness, dietary fiber and a dose of vegetables.
- Grill pineapple rings or peach halves until their natural sugars caramelize. Present the grilled fruit on a dessert bar with low-fat or fat-free vanilla yogurt or soy yogurt, nuts as sprinkles and fresh cherry toppers.

Exposing your kids to healthy eating and cooking early in life is key. There are lots of ways to make food prep a family affair.

- **Wash:** Ask kids to rinse and dry a large bunch of grapes or berries for a fruit salad.
- **Stir:** Let children mix pre-measured herbs, spices and lemon juice to create a flavorful yogurt dip or sauce for vegetables.
- **Chop:** Supervise older children as they chop vegetables and fruit, thread chunks of fruits and vegetables onto skewers for grilling, and put together more involved dishes by following recipes.
- **Assemble:** Lay out pre-chopped ingredients to create grill-ready foil packets of potatoes, peppers, onions and seasonings. Have kids go down the line, assembling each packet.

Engaging kids in food prep and cooking gives them a sense of accomplishment and ownership of what they eat. Lending a hand in the kitchen is fun and encourages children to taste the fruits of their labor. Make good nutrition a family norm – show your kids how to eat well by introducing new family traditions at barbecues.

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