

December 2024 Dinner Specials

SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Flank Steak Baked Potato Asparagus	2 Shrimp Scampi Warm Bread Sautéed Zucchini	3 Meatloaf Mashed Potatoes Roasted Carrots	4 Pulled Pork Nachos Spanish Rice Guacamole	5 Chicken Picatta Mushroom Barley Green Beans	6 Spaghetti Bolognese Garlic Bread Side Salad	7 BBQ Ribs Corn Bread Coleslaw
8 Chicken Fried Steak Scalloped Potatoes Roasted Brussel Sprouts	9 Turkey Tacos Spanish Rice Pico de Gallo & Chips	10 Lemon Caper Chicken Steamed Rice Green Beans	11 Sausage & Kale Alfredo Sweet Potato House Salad	12 Ham & Swiss Quiche Breakfast Potatoes Arugula Salad	13 Cobb Salad Quinoa Salad Tomato Soup	14 Turkey Pot Pie Cheddar Biscuit Glazed Carrots
15 Burger Bar Red Potato Wedges Greek Salad	16 Baja Fish Tacos Refried Beans Spicy Cole Slaw	17 Gyro Couscous Hummus & Veggies	18 Chicken Parmesan Garlic Bread Roasted Cauliflower	19 Turkey & Quinoa Stuffed Peppers Mashed Potatoes Spinach Soufflé	20 Chicken Alfredo Focaccia Bread Steamed Broccoli	21 Chinese Beef with Broccoli Pot Stickers Sautéed Mushrooms w/ Sesame & Ginger
22 Chef's Choice! 	23 Beer Battered Cod Macaroni Salad Classic Carrot Salad	24 Shepard's Pie Corn Bread Quinoa Kale Salad	25  Holiday Ham Potatoes Au Gratin Roasted Root Veggies Side Salad Sugar Cookies	26 Lasagna Garlic Bread Creamed Spinach	27 Chicken Cordon Bleu Macaroni & Cheese Roasted Brussel Sprouts	28 Chef's Choice! 
29 Chef's Choice! 	30 Grilled Chicken Caesar Salad Bread Stick Roasted Carrot Soup	31 Steak Tacos Spanish Rice Chips & Salsa	<u>A La Carte</u> Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50	<u>Did you know?</u> <ul style="list-style-type: none"> • 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 		

Holiday Food Safety: From Planning to Leftovers

Contributors: Sarah Klemm, RDN, CD, LDN

Reviewed: December 08, 2022



gpointstudio/iStock / Getty Images Plus

Food is as much a part of holiday gatherings as football, decorations and carols. This holiday season, keep food safety in mind every step of the way, including proper planning, safe shopping, mindful cooking and wrapping up leftovers on schedule.

Proper Planning

Make sure your kitchen is equipped with what you need for safe food handling, including two cutting boards (one for raw meats and seafood and the other for produce and ready-to-eat foods), a food thermometer, shallow containers for storage, paper towels and soap. Store perishable foods in the refrigerator at 40°F or below or in the freezer at 0°F or below. Check the temperature of both the refrigerator and freezer with an appliance thermometer.

Safe Shopping

It's important to keep food safety in mind as you shop. Keep raw meat, poultry and seafood separate from ready-to-eat foods like fruit, vegetables and bread. Embrace fruits and vegetables that are oddly shaped but don't purchase bruised or damaged produce, or canned goods that are dented, leaking, bulging or rusted, as these may become a breeding ground for harmful bacteria.

When shopping, choose refrigerated and frozen foods last to help prevent them from entering the temperature danger zone where bacteria multiplies the fastest, between 40°F to 140°F. Bring foods directly home from the grocery store and always refrigerate perishable foods, such as raw meat or poultry, right away.

Working in the Kitchen

In a holiday kitchen filled with family and friends, all hands may be on deck, but are those hands clean? Make sure everyone washes their hands thoroughly with clean, running water and soap for 20 seconds before and after handling food.

And when baking delicious holiday treats, remember that no one should eat raw cookie dough or brownie batter. Have children take the [Cookie Rookie Pledge](#) before they assist in the kitchen.

Wrapping Up Leftovers

As you eat and visit, keep in mind how long the food on the buffet table has been sitting out. Remember that you can't tell if a food is unsafe by taste, smell or appearance alone. Throw away perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than two hours and within one hour if it's warmer than 90° F.

Refrigerate or freeze other leftovers in shallow, air-tight containers and label with a date. Use refrigerated leftovers within three to four days by reheating to an internal temperature of 165°F.