



February 2025 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 red are heart healthy



A La Carte

PRICES WILL VARY

1
Chef's Choice!

2
Lemon Caper Chicken
Steamed Rice
Green Beans

3
Chicken Mole Tacos
Tempeh Mole Tacos
Refried Beans
Spicy Cole Slaw

Veggie Quesadilla

4
French Dip
Quinoa Patty with Mango Salsa
Potato Wedges
Coleslaw


Reuben

5
Rainbow Veggies and Beef Bowl
Vegan Bowl
Jasmine Rice
Avocado Half

Chef's Choice!

6
Thai Chicken Curry
Thai Vegan Curry
Naan Flatbread
Carrot-Cumin Slaw

Club Sandwich

7
Salmon Quinoa Bowl
Vegan Quinoa Bowl
Sweet Potato Kale Salad

Turkey Avocado Wrap

8
Enchilada Casserole
Spanish Rice
Sautéed Spinach

9
Beef Stew
Warm Bread
Sautéed Kale and Mushrooms

10
Sweet Potato Black Bean Tacos
Vegan Tacos
Cauliflower Corn on the Cob

Greek Tuna Wrap

11
Pozole
Vegan Pozole
Chips and Salsa
Jicama Slaw

Tuna Melt

12
Ruben's **Rainbow** Salmon Dish
Marinated Tofu
Spinach Souffle
Butternut Squash

Buffalo Chicken

13
Oven Fried Chicken
Vegan Pozole
Mac & Cheese
Jicama Slaw

Egg Salad

14
Burger Bar
Vegan Burger Bar
Pasta Salad
Side Salad

Mushroom Quesadilla

15
Chicken Cordon Bleu
Wild Rice
Steamed Broccoli

16
Niçoise Salad
French Bread
Tomato Soup

17
Eggplant Parmesan
Vegan Eggplant
Garlic Bread
Jicama Slaw

Crab Cake

18
Arturo's Kale Salad
Vegan Kale Salad
Baked Potato
Butternut Squash Soup

Greek Wrap

19
Teriyaki Chicken
Vegan Teriyaki
Rainbow Vegetable Blend
White Rice

Chef's Choice!

20
Beef & Bean Chili
Vegan Chili
Warm Bread
Side Salad

Ham & Chz Panini

21
Spanish Paella
Vegan Paella
Toasted Baguette
Roasted Peppers

Chili Dog

22
Flank Steak
Baked Potato
Asparagus

23
Fried Chicken Sandwich
Roasted Potatoes
Arugula Salad

24
Tuna Avocado Boats
Chickpea Avocado Boats
Toasted Croissant
Arugula Salad

Portabella Panini

25
Ramen Bowl
Vegan Ramen
Veggie Pot Stickers
Baby Bok Choy

BLT

26
Rainbow Gyro
Chickpea Falafel
Curried Chickpea Salad
Hummus & Carrots

Chicken Sandwich

27
Spaghetti Bolognese
Pesto Pasta
Bread Stick
Arugula Salad

Turkey Pesto Panini

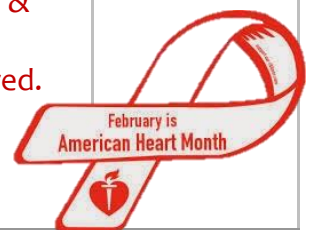
28
Southwest Chicken Salad
Vegan Salad
Bread Stick
Hardboiled Egg

Hot Roast Beef

Rainbow items are intentionally colorful
Did you know that each color in a fruit or vegetable correlates with a unique health benefit? We RDs encourage you to "eat the rainbow"!



February is American Heart Month & Friday February 7th is **Go Red for Women Day**. Go Red for Women is a movement to end heart disease & stroke in women. According to the American Heart Assoc. . Join the movement and wear red on Friday February 7th! But don't just wear red. **Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.**



Honor your health with gentle nutrition

Source: <https://www.evelyntribole.com/principle-10-honor-your-health-with-gentle-nutrition/>

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The Tenth Principle of Intuitive Eating: HONOR YOUR HEALTH WITH GENTLE NUTRITION

Make food choices that honor your health and taste buds while making you feel well. Remember that you don't have to eat a perfect diet to be healthy. You will not suddenly get a nutrient deficiency based on one snack, one meal, or one day. It's what you eat consistently over time that matters – progress not perfection is what counts.

THE PRACTICE

- To practice this principle, I invite you to assess your Food-Body Choice Congruence. What this means is exploring how foods feel in your body – that is, how eating a particular food or meal makes you feel, physically. This internal awareness causes a shift in how you decide what to eat, going beyond what your taste buds may crave. It means that the tongue is not the only part of the body that we honor when making food choices.
- What specific foods and meals leave you feeling most nourished, sustained & strong?
- What's your favorite go-to meal, when you are pushed for time—but is easy to make, and will sustain you?
- What motivates your food choices? Sometimes a special way of eating gives a person an identity or makes them feel good about themselves. Explore if that might be true for you? If it's true how might that be affecting your connection to your body?
- For those of you who've mastered this principle, for the most part, what was the turning point or an aha moment?

Gentle nutrition is an ongoing process of learning and discovery. It's not one-size-fits-all, and its meaning may shift with the different seasons of your life. Our bodies are dynamic and ever-changing: be patient & approach this practice with curiosity & compassion.