



# July 2024 Lunch Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<u>A La Carte</u>	1	2	3	4 	5	6
<b>Entrée.....\$5.98</b> <b>Vegan Entrée.\$4.25</b> <b>Starch.....\$1.50</b> <b>Vegetable.....\$1.50</b>	Shrimp Ceviche Quinoa Patti w/ Mango Salsa Oat Muffin Spinach Salad	French Dip Vegan Mushroom French Dip Potato Wedges Coleslaw	Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips	Burger Bar Vegan Burger Onion Rings Corn on the Cobb 	Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad	Lemon Caper Chicken Steamed Rice Green Beans
<b>Sandwich.....\$5.45</b>	Veggie Quesadilla	Club Sandwich	Turkey Reuben	Chili Dog	Philly Cheesesteak	
7	8	9	10	11	12	13
Meatloaf Mashed Potatoes Sautéed Zucchini	Tuna Avocado Boats Vegan Avocado Boats Toasted Croissant Watermelon Salad Egg Salad Sandwich	Chicken Parmesan Eggplant Parmesan Garlic Bread Garlic Parmesan Cauliflower Meatball Sub	Steak Tacos Vegan Chorizo Tacos Spanish Rice Chips & Salsa Ham & Chz Panini	Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Turkey & Chz Panini	Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef	Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut
14	15	16	17	18	19	20
Enchilada Casserole Spanish Rice Sautéed Spinach	Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Greek Tuna Wrap	Chinese Beef with Broccoli Tofu and Broccoli Pot Stickers Sautéed Mushrooms w/ Sesame & Ginger Tuna Melt	Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad Reuben	Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad BLT	Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	Ham & Swiss Quiche Breakfast Potatoes Arugula Salad
21	22	23	24	25	26	27
Flank Steak Baked Potato Roasted Broccoli	Arturo's Kale Salad Arturo's Vegan Kale Salad Corn Bread Tomato Basil Soup Portabella Panini	Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	Niçoise Salad Vegan Niçoise French Bread Gazpacho Crab Cake	Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Turkey Bacon Wrap	Shepard's Pie Corn Bread Quinoa Kale Salad
28	29	30	31	<b>Did you know?</b> <ul style="list-style-type: none"> <li>• Entrées in GREEN are Vegan or Vegetarian</li> <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> 		
BBQ Chicken Pasta Salad Corn on the Cobb	Pozole Vegan Pozole Chips and Salsa Jicama Slaw Mushroom Quesadilla	Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	Pork Lettuce Wraps Vegan Lettuce Wraps Fried Rice Spring Rolls Turkey Avocado Wrap			

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

# Get on Your Bike

By Monique Ryan, MS, RD, CSSD, LDN Published June 13, 2019



Are you looking for a great form of exercise with a small carbon footprint? Then consider adding biking to your weekly fitness routine!

Biking is a great way to improve your health. In fact, because it's not a weight-bearing activity, it is a great starter exercise that is easy on the joints. Plus, biking tones leg muscles, increases endurance and enhances lung capacity. This nearly life-long activity can be social, or a great family fitness outing enjoyed by both kids and adults.

## Join a Club

Biking is fun! Many cycling clubs hold organized rides at varying levels of speed and difficulty, so get involved and gradually increase your pace and endurance.

Weekend organized rides offer support stations with fluids and foods to fuel your body optimally during longer rides. Mountain biking also offers a chance to go "off-road" and enjoy nature.

## Bike to Work

In addition to health benefits, there are environmental and financial perks to biking to and from work. A bicycle has very little environmental impact. Purchase a solid bike and it can last more than 10 years. Commuting via bike saves money on gasoline and parking, and may cut down on the time you spend in traffic. A morning ride also produces endorphins, so you may arrive to work with the pleasant buzz these natural chemicals produce. And you can even bike away a tough work day on the way home.

## Safety Is Important

Be a safety-conscious commuter. Always wear a helmet, as this may help prevent some of the 85% of head injuries from bicycle accidents. Ride defensively and be aware of your surroundings. A white LED front light makes you visible when approaching intersections, and a red, blinking light in the back makes you visible to drivers approaching from behind. A fender provides protection from water splashing onto you from the rear tire.

## Fuel Up for the Morning Commute

If you ride to work, consider splitting breakfast into two smaller sessions. Eating something "before the ride" and "after the ride" may help sustain energy and prevent hunger until lunch. Try these ideas:

### Before the Ride

- ¾ cup high-fiber cereal
- 1 cup fat-free or low-fat milk
- ½ cup berries

### After the Ride

- 1 banana
- 18 raw almonds

## Fuel Up for a Longer Ride

If you're looking at a ride that's 90 minutes or longer, fuel up on carbohydrates two hours before the ride to power your muscles with energy. Keep the meal low in fat for easy digestion. Include whole grains, fruit and a modest amount of protein. For example:

- 1 cup cooked oatmeal
- 1 cup orange juice
- 1 medium banana
- 2 tablespoons raisins
- 1 egg

## Don't Forget about Hydration

**Water** is important with any physical activity, including riding a bike. Drink a glass of water before hopping on your bike, and bring a water bottle with you to take frequent sips during your ride.

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm