



# JUNE 2026 DINNER SPECIALS



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b><u>A La Carte</u></b></p> <p>Entrée.....\$7.75 Starch.....\$2.00 Vegetable.....\$2.00</p>	<p>1</p> <p>Niçoise Salad French Bread Gazpacho</p>	<p>2</p> <p>Meatloaf Mashed Potatoes Roasted Carrots</p>	<p>3</p> <p>Pesto Salmon Garlic Parmesan Orzo Steamed Broccoli</p>	<p>4</p> <p>Chicken Cordon Bleu Macaroni &amp; Cheese Roasted Broccoli</p>	<p>5</p> <p>BBQ Chicken Pasta Salad Creamy Coleslaw</p>	<p>6</p> <p>Sausage &amp; Kale Alfredo Sweet Potato House Salad</p>
<p>7</p> <p>Turkey Picatta Mushroom Barley Grilled Asparagus</p>	<p>8</p> <p>Greek Turkey Burger Orzo Salad Greek Salad</p>	<p>9</p> <p>Pork Tenderloin Roasted Red Potatoes Roasted Broccoli</p>	<p>10</p> <p>Chicken Alfredo Focaccia Bread Roasted Brussel Sprouts</p>	<p>11</p> <p>Turkey Pot Pie Cheddar Biscuit Garden Salad</p>	<p>12</p> <p>French Dip Potato Wedges Coleslaw</p>	<p>13</p> <p>Gyro Couscous Hummus &amp; Veggies</p>
<p>14</p> <p>Lasagna Garlic Bread Sauteed Zucchini</p>	<p>15</p> <p>Lemon Pepper Tilapia Wild Rice Steamed Carrots</p>	<p>16</p> <p>Enchilada Casserole Spanish Rice Chili Lime Corn</p>	<p>17</p> <p>Brisket Corn Bread Roasted Carrots</p>	<p>18</p> <p>Chicken Parmesan Garlic Bread Green Beans</p>	<p>19</p> <p>Chinese Beef with Broccoli and Rice Veggie Spring Rolls Pot Stickers</p>	<p>20</p> <p>BBQ Ribs Baked Beans Corn on the Cobb</p>
<p>21</p> <p>Flank Steak Scalloped Potatoes Kale Salad</p>	<p>22</p> <p>Cobb Salad Couscous Cucumber Salad</p>	<p>23</p> <p>Tacos Al Pastor Spanish Rice Chips and Guac</p>	<p>24</p> <p>Crispy Chicken Sandwich Macaroni &amp; Cheese Creamed Spinach</p>	<p>25</p> <p>Chicken Fried Steak Mashed Potatoes Roasted Carrots</p>	<p>26</p> <p>Burger Bar Onion Rings Greek Salad</p>	<p>27</p> <p>Chicken Caesar Salad Dinner Roll Minestrone Soup</p>
<p>28</p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p>	<p>29</p> <p>Shrimp Scampi Bread Stick Asparagus</p>	<p>30</p> <p>Carnitas Burrito Bowl Rice and Beans Chips &amp; Guacamole</p>		<p><b>Did you know?</b></p> <ul style="list-style-type: none"> <li>• Everything is priced a la carte</li> <li>• Entrées in GREEN are Vegan or Vegetarian</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

# Lifestyle and Managing Stress

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Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. The fact that stress can impact food choices is not news. However, there might be more to the relationship between food and stress than you know.

## Our Body's Fight or Flight Response

Your central nervous system releases stress hormones such as adrenaline and cortisol when you feel anxious or stressed. These hormones trigger the fight or flight response, which gets your body ready for action. For example, your heart might beat more rapidly, your blood pressure may rise and your rate of breathing might increase. Being in a chronic state of stress can cause long-term health problems. In addition to feeling anxious, some people may become depressed, struggle to get a good night's sleep or experience digestive issues.

## Can Certain Nutrients Ease Stress?

Research linking certain nutrients to stress management is limited. Follow a nutritious eating plan to get the vitamins and minerals you need. As these nutrients are already important in a healthy eating pattern, the best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that may work together to promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans and meats.

## Do Vitamin and Mineral Supplements Combat Stress?

Some supplements claim to help manage stress. However, the evidence supporting these supplements is limited and more research is needed. Talk with your health care provider before taking any vitamin and mineral supplements.

## Stress-Busters

When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity helps to manage stress. As little as five minutes of exercise per day can be beneficial. A registered dietitian nutritionist can help you establish an individualized healthy eating plan that includes specific food preferences and goals for physical activity.

Other ways to ease stress might include:

- Relaxation activities such as meditation, guided imagery or breathing exercises
- Socializing with friends and loved ones for emotional support during stressful situations
- Limiting excess caffeine consumption

Consider seeking professional help, especially if stress becomes debilitating. Counselors and other health care providers can offer treatments to help combat stress.