December 2025 Lunch Menu

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A La Carte **Entrée……..$7.75** **Vegan Entrée.$5.50** **Starch……..$2.00** **Vegetable…….$2.00** **Sandwich……..$7.00**	1 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Greek Tuna Wrap	2 Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms Caesar Wrap	3 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	4 Tacos Al Pastor Vegan Tacos Al Pastor Refried Beans Chips and Guac Buffalo Chicken Sandwich	5 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad Portabella Panini	6 Brisket Baked Beans Roasted Carrots
7 Lemon Caper Chicken Steamed Rice Green Beans	8 Squash Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower Egg Salad Sandwich	9 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita Ham & Chz Panini	10 Burger Bar Vegan Burger Bar Onion Rings Side Salad Turkey Reuben	11 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	12 Chicken Cacciatori Vegan Cacciatori Warm Bread Side Salad Turkey Bacon Wrap	13 Shepard's Pie Corn Bread Quinoa Kale Salad
14 Gyro Greek Orzo Baba Ganoush with Pita	15 Niçoise Salad Vegan Niçoise French Bread Gazpacho Turkey Pesto Panini	16 Flank Steak Portabella Steak Baked Potato Roasted Cauliflower Reuben	17 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Tuna Melt	18 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	19 Hungarian Goulash Vegan Goulash Dinner Rolls Side Salad Turkey & Chz Panini	20 Chinese Beef with Broccoli Pot Stickers Spring Rolls
21 Chef's Choice! Let it snow	22 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	23 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Philly Cheesesteak	24 Brisket Portabella Steak Latkes Roasted Carrots BLT	25 Roasted Chicken Chickpea Patty Roasted Potatoes Roasted Brussel Sprouts Sugar Cookies	26 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	27 Chef's Choice! 
28 Chef's Choice! 	29 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Ham & Chz Panini	30 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	31 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	**Did you know?** • 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 		

Breakfast 7:30-10am Lunch 11:30-2pm Dinner: 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.

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.