



February 2026 Lunch Specials



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Lemon Caper Chicken Steamed Rice Green Beans	2 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Greek Tuna Wrap	3 Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms Ham & Chz Panini	4 Pork Tamales Vegan Tamales Rice & Beans Zucchini Chicken Quesadilla	5 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	6  Salmon Quinoa Bowl Vegan Quinoa Bowl Sweet Potato Kale Salad Turkey Avocado	7 Shepard's Pie Corn Bread Quinoa Kale Salad
8 BBQ Chicken Pasta Salad Creamy Coleslaw	9 Niçoise Salad Vegan Niçoise French Bread Tomato Soup Turkey Pesto Panini	10 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	11 Tacos Al Pastor Vegan Tacos Al Pastor Refried Beans Chips and Guac Buffalo Chicken Sandwich	12 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita Caesar Wrap	13 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Reuben	14 Flank Steak Baked Potato Roasted Cauliflower 
15 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut	16 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad Portabella Panini	17 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Philly Cheesesteak	18 Hungarian Goulash Vegan Goulash Dinner Rolls Side Salad Egg Salad Sandwich	19 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	20 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	21 Chicken Mole Tacos Refried Beans Spicy Cole Slaw
22 Burger Bar Onion Rings Side Salad	23 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	24 Chicken Cacciatori Vegan Cacciatori Warm Bread Side Salad Turkey Reuben	25 Chinese Beef with Broccoli Tofu with Broccoli Pot Stickers Spring Rolls Tuna Melt	26 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	27 Chicken Parnesan Eggplant Parnesan Garlic Bread Green Beans Meatball Sub	28 Lasagna Dinner Roll Spinach
 <p>February is American Heart Month</p>		<p><u>A La Carte</u></p> <p>Entrée.....\$7.75 Vegan Entrée...\$5.50 Starch.....\$2.00 Vegetable.....\$2.00</p>		<p>February is American Heart Month & Friday February 6th is Go Red for Women Day. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 6th! But don't just wear red.</p> <p>Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.</p>		
		<p>Sandwich.....\$7.00</p>				

Love Your Heart, Love Your Food: Five Steps to Better Heart Health

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Heart disease is the leading cause of death in America and many of these deaths are preventable.

Only a few risk factors, such as age, gender and family history, cannot be controlled. Talk to your doctor to find out if you are at high risk for heart disease. Even if you fall into an at-risk category, food choices have a big impact on your heart's health.

You can help prevent and control many risk factors of heart disease — such as cholesterol and blood pressure — with lifestyle and medication. Healthy food choices and an active lifestyle can have a big impact on your heart's health. If you are at high risk for heart disease or already have heart disease, meet with a registered dietitian nutritionist. Together with your health care provider, your RDN can develop a personalized eating and lifestyle plan to help you lower your risk or improve your existing condition.

Just a few steps and you can be on your way to a healthier heart!

Step 1: Make Healthy Food Choices

Making healthy food choices starts by eating a variety of nutrient-dense foods. Aim to fill half your plate with fruits and vegetables and include fatty fish — such as salmon, trout, tuna, mackerel or sardines — twice a week. Legumes such as beans and lentils provide dietary fiber and protein. They are heart-healthy and affordable, too. When selecting grains, choose whole-grain foods most often and minimize refined grain foods.

Limit foods that have added salt, sugars and fats. Reduce salt intake by preparing foods at home so you can control the amount of sodium in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables. Steer clear of trans fats and limit your intake of saturated fat.

Step 2: Be Active

Regular, moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, for at least 10 minutes at a time. Always check with your physician before beginning a workout regimen.

Step 3: Manage Stress

Yoga, table tennis, walking, jogging, meditation, journaling, dancing wildly to the oldies — whatever works for you, figure out a way to reduce life's stresses in a healthful way! Here are some strategies to help you cope with stress.

Step 4: Don't Smoke

Smoking increases your risk for heart disease. If you smoke, quit.

Step 5: Avoid or Limit Alcohol

Consuming any amount of alcohol is associated with increased blood pressure as well as an increased risk of stroke and heart failure. Avoid or limit alcohol use to less than one alcoholic beverage per day for women and less than two per day for men. Pregnant individuals and those under the legal drinking age should not consume any alcohol.