What Does Plant Based Mean?

What is a plant based diet? Glad you asked! Having a plant based diet means most of the foods you eat come from fruits, vegetables, and whole grains. That doesn’t mean you cannot eat any animal products. Eggs, dairy, and meats are included in plant based diets but in small amounts. Lean cuts of meat are encouraged over fatter cuts and low fat dairy sources are also preferred over whole fat. That is one of the best parts about plant based diets, they incorporate whichever foods you love most without completely cutting them out of your diet. Another aspect of plant based diets are eating foods that are less processed. One example is chips, although chips are from a potato they are highly processed, try roasting potatoes in olive oil for a side dish instead of having a bag of potato chips to be more plant based. There are many benefits to a plant based diet but the biggest one is improving heart health! By focusing on plant based foods like whole grains, olive oil, fruits, vegetables, and legumes you can reduce your risk for heart disease and hypertension.

Specials this week: Poke Bowls are back. Wednesday lunch & dinner

**Taco Bar:** Taco Meat, Chicken Tinga, Ancho Chili Rice, Corn Tortilla, toppings

**Jamaican Bar:** Jerk Chicken, Jerk Tofu, Callaloo, Chicken & Cheese Empanada

**Hibachi Stir Fry:** Stir Fried Vegetables, Steamed Shrimp, Tofu selection, Brown Rice. Available at lunch Monday, Wednesday, Friday

**Fried Rice Special:** Vegetable Fried Rice, Roasted Fish, Tofu selection.

**Vegetable Stir Fry:** Stir Fried Vegetables, Roasted Fish, Tofu selection, Rice. Available at dinner Thursday

Upcoming: International Dinner, Cuisine of Southeast Asia
### Breakfast

- Orange Cranberry Muffin
- LF Chocolate Chip Muffin
- Donut Hole
- Banana Cream Pudding
- Vegetable Tofu Wrap
- Roman Cheese Pizza
- Chicken Salad Wrap
- Wheatberry, Kale, Hard Cooked Eggs
- Hard Cooked Eggs
- Turkey Bacon
- Bacon Parsnips
- Blueberry Pancakes
- Lumberjack Hash
- Whole fresh fruit, cut fresh fruit selection, assorted cereal, steel cut oatmeal with toppings, milk, juice, coffee, yogurt selections, MTO yogurt parfait, and assorted bagels with spreads

### Lunch

- Blackberry Duck
- Kung Pao Tofu
- Butternut Squash
- Vegan Cheese Pita Pizza
- GF Chocolate Cake
- Banana Cream Pudding
- Rice Krispie Treats
- Parkerhouse Rolls
- Chicken Tenders
- French Fries
- Hard Cooked Eggs
- Turkey Bacon
- Brunch 11am
- Scrambled Eggs
- Turkey Bacon
- Gluten Free
- Whole fresh fruit, cut fresh fruit selection, assorted snacks, chips, ice cream novelties, and beverages

### Menu Selections Available at Lunch and Dinner

**House Salad**
- Pasta Selection
- Marina Sauce
- Alfredo Sauce
- (lunch only)
- Pasta Selection
- Marina Sauce
- Alfredo Sauce
- (lunch only)
- Pasta Selection
- Marina Sauce
- Alfredo Sauce
- (lunch only)
- Butternut Sage Ravioli (at lunch)
- Pasta Selection
- Marina Sauce
- Alfredo Sauce (lunch only)
- Roman Cheese Pizza
- w/pork
- Vegan Cheese Pita Pizza (dinner only)

**Choose: Italian, Caesar, Ranch or Balsamic**

**Lemon Caper Salmon**
- Chickpea Falafel Burger
- Spicy Chicken
- Caramelized Onion Quinoa
- Grilled Green Beans
- Grilled Chili Eggplant
- Vegetable Medley
- JAMAICAN BAR
- TACO BAR
- Chicken Tinga
- Ancho Chili Rice, Black Beans & Corn
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Tofu Charsui
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Buffalo Tofu

**Tuesday December 2**
- Baked Meatloaf
- Vegetarian Meatloaf
- Garlic Mashed Potatoes
- Charred Cauliflower
- JAMICAN BAR
- TACO BAR
- Chicken Tinga
- Ancho Chili Rice, Black Beans & Corn
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Tofu Charsui
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Buffalo Tofu

**Wednesday December 3**
- Chinese Babyback Ribs
- Sweet & Sour Tempeh
- Vegetable Lo Mein
- Green Beans
- Grilled Chili Eggplant
- Chicken Parmesan
- Grilled Chicken
- Grilled Red Peppers
- Roasted Brussels Sprouts
- Grilled Zucchini

**Thursday December 4**
- Tres Major w/ Chimichurri Sauce
- Vegan Beef Chasseur
- Roasted Red Peppers
- Roasted Brussels Sprouts
- Grilled Zucchini
- TACO BAR
- with Taco Meat
- Chicken Tinga
- Ancho Chili Rice, Black Beans & Corn
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Buffalo Tofu

**Friday December 5**
- Chicken Vindaloo
- Chana Masala
- Vegetable Bhaja
- Basmati Rice
- Butternut Squash
- Mac and Cheese
- Baked Meatloaf
- Vegetarian Meatloaf
- Garlic Mashed Potatoes
- Charred Cauliflower
- JAMICAN BAR
- TACO BAR
- Chicken Tinga
- Ancho Chili Rice, Black Beans & Corn
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Buffalo Tofu

**Saturday December 6**
- Chicken Vindaloo
- Chana Masala
- Vegetable Bhaja
- Basmati Rice
- Butternut Squash
- Mac and Cheese
- Baked Meatloaf
- Vegetarian Meatloaf
- Garlic Mashed Potatoes
- Charred Cauliflower
- JAMICAN BAR
- TACO BAR
- Chicken Tinga
- Ancho Chili Rice, Black Beans & Corn
- Vegetable Hibachi
- Shrimp
- Brown Rice
- Buffalo Tofu