November 2026 Lunch Specials

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Chicken Parmesan Garlic Bread Green Beans	2 Shrimp Po Boy Vegan Po Boy Cajun Sweet Potatoes Collard Greens BLT	3 Grilled Pear & Steak Salad Grilled Pear Salad Warm Bread Corn on the Cobb Turkey & Chz Panini	4 Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls Buffalo Chicken Sandwich	5 Shepard's Pie Vegan Shepard's Pie Corn Bread Quinoa Kale Salad Chili Cheese Dog	6 Chicken Mole Tacos Vegan Mole Tacos Refried Beans Spicy Cole Slaw Chicken Quesadilla	7 Lasagna Garlic Bread Roasted Carrots
8 Flank Steak Baked Potato Roasted Cauliflower	9 Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower Egg Salad Sandwich	10 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	11 Chinese Beef with Broccoli Tofu with Broccoli Pot Stickers Spring Rolls Hot Roast Beef	12 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Turkey Reuben	13 Burger Bar Vegan Burger Bar Onion Rings Side Salad Greek Tuna Wrap	14 Alaskan Sole Rice Pilaf Steamed Vegetables
15 Crispy Chicken Sandwich Macaroni & Cheese Creamed Spinach	16 Salmon Caesar Salad Vegan Caesar French Bread Gazpacho Turkey Pesto Panini	17 Bulgogi Beef Noodle Bowl Tofu Noodle Bowl Spring Rolls Cucumber Salad Ham & Chz Panini	18 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Reuben	19 Moroccan Chicken Vegan Moroccan Bowl Spiced Lentils Curried Cauliflower Caesar Wrap	20 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	21 BBQ Chicken Baked Beans Coleslaw
22 Meatloaf Mashed Potatoes Roasted Broccoli	23 Kale Salad Vegan Kale Salad Corn Bread Tomato Basil Soup Portobello Panini	24 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Cuban	25 Pork Tamales Vegan Tamales Rice & Beans Zucchini Italian Sub	26 Thanksgiving Special All Day! 	27 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad Club Sandwich	28 Cobb Salad Quinoa & Rice Pasta Salad
29 Turkey Picatta Herbed Farro Pilaf Grilled Asparagus	30 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Turkey Avocado	**A La Carte** **Entrée.....$8.00** **Vegan Entré..$5.75** **Starch.....$2.00** **Vegetable.....$2.00** **Sandwich.....$8.00**	**Did you know?** • Everything is priced a la carte • Entrées in GREEN are Vegan or Vegetarian • Breakfast is served 7:30-10am • Lunch is served 11:30-2pm • Dinner is served 5-7pm			

9 Ways to Deal with Dietary Restrictions at Holiday Meals

Contributors: Sarah Klemm, RDN, CD, LDN **Reviewers:** Academy Staff RDNs **Published:** June 30, 2022



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The holiday season is here and with it comes fancy dinners, work parties, potlucks and family gatherings. While breaking bread with your favorite people can be one of life's simple joys, anxiety over what to make when feeding those with special dietary needs can make things feel complicated. Here are nine tips and tricks for hosting a holiday dinner that everyone can enjoy.

1. Ask for Advice Who knows best? The person with special dietary needs! Once you have a menu in mind, discuss it with your guests ahead of time and ask how they can best be accommodated.

2. Read Labels Dairy, gluten, nuts and non-vegetarian ingredients are found in many packaged foods. If you are not sure if an ingredient is safe for your party guests, ask the person you're accommodating or skip it.

3. Don't Cross-Contaminate Use separate tongs when preparing meats and vegetarian options to spare the meatless foods from meat juices. Don't bake a nut-free cookie on the same tray you used to roast almonds. Thoroughly wash the strainer in between draining whole-wheat spaghetti noodles and gluten-free ones. Being mindful of opportunities for cross-contamination can lower the risk of serving foods that your guest might not be able to eat.

4. Make Simple Swaps Tossing veggies with olive oil instead of butter means that those with dairy allergies or observing a vegan diet can eat them, too. Use vegetable stock instead of chicken or beef stock for meat-free side dishes and soups, so more people can enjoy them.

5. Leave the Toppings on the Side Sometimes it's just one or two ingredients that rule out a dish for those with dietary issues. If you leave certain items on the side, like bacon crumbles, nuts or croutons, those who have food restrictions can still eat the main dish, while those without food restrictions can add toppings.

6. Build a Bowl Rather than designing a menu with several parts, build a buffet of toppings and let your guests do the rest. From a yogurt parfait brunch to a smoky burrito bowl, there are many options for having a casual meal that is satisfying for everyone. Offering a diverse spread of options will allow your guests to create a meal that suits their needs.

7. Serve Delicious Drinks Even those not drinking alcohol enjoy fancy mocktails. Include everyone in the festivities by making a pitcher or two of fruit- and herb-infused waters or a dry bar with seltzer, juices and herbs.

8. Polish Your Sales Pitch We tend to be wary of foods we cannot easily identify. To encourage everyone to try different dishes, write the menu on a chalkboard or place a menu card on the table. On your buffet line, label each dish with enticing adjectives and include a list of their ingredients. This not only encourages a picky eater to try new things, but also helps guests avoid food allergens.

9. Have Fun! Remember: You don't have to accommodate your guests for every single dish. If your holiday dinner would not be complete without your grandmother's Yorkshire pudding, include it. Missing your personal favorites might lower your own enjoyment at the occasion. With a well-planned dinner, all of your guests can be happy and well fed.