

# JANUARY DINNER SPECIALS 2021

Sunday	Meatless Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>A La Carte</u> Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50	1 Cornish Hen Potatoes Au Gratin Side Salad 	2 Chef's Choice! 
3 Jerk Chicken Red Beans & Rice Grilled Pineapple	4 Chicken Stir-Fry Egg Roll Sautéed Bok Choy	5 Meatloaf Mashed Potatoes Sautéed Zucchini	6 Cajun Jambalaya Corn Bread Creamed Spinach	7 Piña Pork Tacos Rice and Beans Sautéed Peppers and Onions	8 Chicken Picatta Mushroom Barley Parsnips & Carrots	9 Spaghetti & Meatballs Garlic Bread Green beans
10 Enchilada Casserole Spanish Rice Sautéed Spinach	11 Pesto Salmon Israeli Couscous Asparagus	12 Flank Steak Scalloped Potatoes Glazed Carrots	13 Turkey Tacos Refried Beans Guacamole & Chips	14 Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw	15 Cashew Chicken Fried Rice Stir Fry Vegetables	16 Alaskan Sole Lemon Orzo Squash & Zucchini
17 BBQ Ribs Corn Bread Coleslaw	18 Beer Battered Cod Waffle Fries Classic Carrot Salad	19 Gyro Wrap Hummus and Pita Cucumber and Tomato Salad	20 Chicken Alfredo Focaccia Bread Steamed Broccoli	21 Burger Bar Onion Rings Greek Salad	22 Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts	23 Shrimp Scampi Dinner Roll Chopped Spinach
24 Sausage & Kale Alfredo Dinner Rolls ½ Sweet Potato	25 Spanish Paella Baguette Roasted Vegetables	26 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	27 French Dip Potato Wedges Coleslaw	28 BBQ Chicken Pasta Salad Corn on the Cobb	29 Ahi Tuna Steak Wild Rice Yellow Squash	30 Chicken Fried Steak Baked Potato Side Salad
31 Honey Baked Ham Macaroni & Cheese Green Beans		Aspen Valley Hospital's Vision is to be the leader in fostering our community as the healthiest in the nation. We invite you to nourish your body with one of our delicious daily specials ( <a href="#">vegan lunch options available Monday-Friday</a> ). You can also build a salad at our salad bar, choose one of our homemade soups or select a grab-and-go item from the cooler.				

# Delicious Family Dinners for Weeknights

*Reviewed by Esther Ellis, MS, RDN, LDN Published June 10, 2020*



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Life can be tough on family dinnertime. In addition to work and school schedules, there are sports practices and games, lessons, homework and friends. With all the rushing around, it's easy to slip into the fast-food lane or microwave habit with everyone eating at different times and places.

Bringing balance back into busy evenings is well worth the effort. Your whole family will feel better when they are eating delicious, nutritious meals together. Fortunately, there are several simple steps that can help families get a tasty dinner on the table easily and quickly. It all starts with a little planning and meal time organization. Then, get everyone involved in preparing and serving the meal. When everybody pitches in, no one feels overwhelmed.

Here are a few easy and effective approaches to the dinnertime dilemma.

## **Have a Week's Worth of Menus in Mind**

Whether you write them down or keep them in your head, you need five to seven kid-tested, parent-approved main dishes. Pick options that are easy and popular with everyone. Once you have an entrée, such as tacos, spaghetti, or slow-cooker stew, all you have to add is a vegetable and/or fruit and perhaps a whole-grain roll to complete the meal.

## **Keep Your Kitchen Stocked with Quick-to-Fix Foods**

Whenever you shop, look for specials on staples (rice, pasta, beans, etc.) as well as frozen and canned fruits and vegetables with little or no added salt or sugars. With a wide variety of tasty choices on hand, you'll only have to worry about the main dish when it's time to make dinner. Add fresh produce items that are in season.

## **Prepare Multiple Batches of Main Ingredients**

If you're cooking lentils, it's just as easy to cook a double or triple batch. Freeze extra servings to reheat for tacos or casseroles. Whole grains such as brown rice and quinoa also can be batch cooked and frozen.

## **Get the Whole Family Involved from Start to Finish**

The evening meal doesn't have to be one person's responsibility. Even very young children enjoy getting involved in planning and preparing healthful meals. Assign age-appropriate jobs, such as choosing the fruit for dessert, mixing pre-cut vegetables into a salad, setting the table with unbreakable dishes or clearing the dishes afterwards.