

# JANUARY LUNCH SPECIALS 2021

Sunday	Meatless Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>A La Carte</u> Entrée.....\$5.98 Vegan Entrée\$4.25 Starch.....\$1.50 Vegetable.....\$1.50  Sandwich...\$5.45	1 Cornish Hen Chickpea Patty Potatoes Au Gratin Side Salad  	2 Chef's Choice!  
3  Polish Kielbasa Roasted Red Potatoes Sauerkraut & Peppers	4  Cheese Manicotti Spaghetti Squash w/ Mushroom Ragu Bread Sticks Chopped Spinach  Egg Salad	5  Baja Fish Tacos Baja Tempah Tacos Refried Beans Spicy Cole Slaw  Veggie Quesadilla	6  Gyro Hummus Platter Greek Couscous Fattoush Salad  Greek Tuna Wrap	7  French Dip Stuffed Squash Potato Wedges Coleslaw  Italian Sub	8  Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Brussel Sprouts  BLT	9  Chicken Cordon Bleu Brown Rice Steamed Broccoli
10  Shepard's Pie Corn Bread Quinoa Kale Salad	11  Shrimp Scampi Spinach Artichoke Scampi Dinner Roll Steamed Broccoli  Chicken Quesadilla	12  Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole  Philly Cheesesteak	13  Beef Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita  Reuben	14  Thai Chicken Curry Thai Vegan Curry Naan Flatbread Carrot-Cumin Slaw  Tuna Melt	15  Sausage & Kale Alfredo Vegan Pesto Pasta Bread Sticks ½ Sweet Potato  Egg Salad	16  Oven Fried Chicken Macaroni & Cheese Creamed Spinach
17  Chinese Beef with Broccoli Fried Rice Veggie Egg Roll	18  Veggie Lasagna Vegan Pesto Pasta Garlic Bread Arugula Salad  Portabella Panini	19  Pollo Asado Seitan Asado Raquelitas Tortillas Pablano Peppers and Onions  Turkey Reuben	20  Greek Turkey Burger Greek Portabella Burger Mediterranean Orzo Arugula Salad  Chicken Quesadilla	21  Wild Alaskan Sole Quinoa Patty Garlic Red Potatoes Asparagus  Club Sandwich	22  Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots  Chicken Salad	23  Chicken Mole Tacos Black Beans Fresh Salsa & Chips
24  Meatloaf Mashed Potatoes Sautéed Zucchini	25  Ahi Tuna Steak Quinoa Patty Wild Rice Spicy Edamame  Egg Salad	26  Barbacoa Tacos Sweet Potato Tacos Chips & Salsa Black Bean Corn Salsa  Turkey Avocado	27  Lemon Pepper Tilapia Chickpea Patty Hummus and Pita Tabouli Salad  Portabella Panini	28  Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans  Meatball Sub	29  Burger Bar Vegan Burger Bar Pasta Salad Side Salad  Pulled Pork	30  Lemon Caper Turkey Brown Rice Green Beans
31  Spaghetti & Meatballs Dinner Roll Roasted Broccoli		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.				

# Food Storage Safety Tips for the Cupboard

Reviewed by Sarah Klemm, RDN, CD, LDN Published April 2, 2020



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When stored properly, some foods can remain safe and keep their quality for an extended period of time. Store foods in the right container, at the right temperature and for the right length of time. Proper food storage will reduce your risk of food poisoning and also help your money go further since your food won't spoil as quickly.

The cupboard is a great place to store your shelf-stable foods, from dry pasta to cookies.

Here are some tips on proper food storage in the cupboard:

- Keep your cupboards and pantry clean, dry, dark and cool — preferably away from any heat-producing appliances. A cool temperature range, between 50°F to 70°F, helps keep foods at their best longer. When foods are stored at warmer temperatures (above 100°F) it tends to lower the quality of many foods, especially canned goods.
- Organize your cupboards by placing older containers in front to use first. Canned foods have a long shelf life and, if stored properly, many unopened canned foods stay safe to use past their quality date on the can. For highly acidic foods, such as tomatoes and fruit, they may keep for as long as 12 to 18 months and less acidic foods, such as canned meats and vegetables, may last for two to four years.
- Be alert for food spoilage and discard cans that are cracked, bulging, leaking or that spurt liquid when opened.
- Most unopened dried fruits and vegetables can be stored in the pantry for 6 months to a year. After opening, use within one to three months or transfer to the fridge for a longer shelf life. For more information on how long foods last, check the FoodKeeper App.
- After opening packages of dry foods, such as rice and pasta, store them in dry, airtight containers. This will help keep out insects and rodents and help prevent food from absorbing odors and moisture.
- Store foods away from kitchen chemicals and household trash.