

# May Dinner Specials 2021

SUNDAY




TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY



**Did you know?**

- Everything is priced a la carte 
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm

**A La Carte**


Entrée.....\$5.98  
 Starch.....\$1.50  
 Vegetable.....\$1.50

2  Chicken Fried Steak Baked Potato Side Salad	3  Veggie Lasagna Garlic Bread Arugula Salad	4  Meatloaf Mashed Potatoes Asparagus	5  Piña Pork Tacos Rice and Beans Pico de Gallo & Chips	6  Wild Atlantic Cod Potato Salad Classic Carrot Salad	7  Roast Turkey Breast Sweet Potato Green Beans	8  Oven Fried Chicken Macaroni & Cheese Creamed Spinach
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9 <i>Mother's Day</i>  Uncured Honey Ham Scalloped Potatoes Glazed Carrots  	10  Lemon Pepper Tilapia Wild Rice Peas and Carrots	11  Cajun Jambalaya Corn Bread Creamed Spinach	12  French Dip Potato Wedges Creamy Coleslaw	13  Grilled Chicken Caesar Salad Bread Stick Avocado Half	14  Turkey Tacos Refried Beans Guacamole & Chips	15  Alaskan Sole Lemon Orzo Squash & Zucchini
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16  Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts	17  Pesto Salmon Israeli Couscous Asparagus	18  Beef Stroganoff Dinner Roll Sautéed Kale & Mushrooms	19  Chicken Stir-Fry on Steamed Rice Egg Roll Stir Fried Veggies	20  Gyro Wrap Hummus and Pita Cucumber and Tomato Salad	21  Enchilada Casserole Spanish Rice Chips & Fresh Salsa	22  Spanish Paella Baguette Roasted Veggies
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23  BBQ Ribs Corn Bread Vinegar Coleslaw	24  Chicken Alfredo Focaccia Bread Steamed Broccoli	25  Thai Chicken Curry Naan Flatbread Carrot-Cumin Slaw	26  Sausage & Kale Alfredo Dinner Rolls ½ Sweet Potato	27  Turkey Pot Pie Cheddar Biscuit Glazed Carrots	28  Burger Bar Onion Rings Greek Salad	29  Shrimp Scampi Dinner Roll Steamed Broccoli
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30  Cashew Chicken Fried Rice Stir Fry Vegetables	31  Turkey & Quinoa Stuffed Peppers Zucchini Bread Spinach Soufflé	<p>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 (vegan lunch options available M-F). 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.</p>	
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# Give Your Kitchen a Healthy Makeover

Published September 19, 2018



*Monkey Business Images/Monkey Business/Thinkstock*

If you really want to change your family's eating habits, you need to build a healthy kitchen. Here's how to give your kitchen a healthy makeover.

## **Make a List**

What healthful foods do you want to stock in your fridge, freezer and pantry? Make a list and bring it to the grocery store and farmers market.

## **Consider Some Simple Swaps**

Can you swap whole wheat bread for white? How about low-fat milk instead of whole milk? Plain yogurt instead of sour cream or mustard instead of mayonnaise? Plant-based meals instead of meat-focused meals? You don't have to make every change right away if you're not ready. Ease yourself and your family into healthier ingredients one at a time.

## **Do the Math**

Calculate your grocery needs based on how many people are in your family. For example, if each person should eat a minimum of two pieces of fruit per day and there are four in your family that means you need eight pieces of fruit in your house for a day. Do the same calculation with other food groups, so you can plan how much to purchase per week.

## **Embrace Canned Foods**

Many canned foods retain as much nutrient value as their fresh or frozen counterparts. Choosing canned fruits, vegetables, beans, meats and seafood can lighten the burden on your pocketbook and ensure these nutritious foods are on hand in a pinch. Look for BPA-free cans, whenever possible. If you can, rinse and drain canned food items, such as beans, to reduce the sodium in some of these products.

## **Change Up Your Kitchen Environment**

Once you bring your groceries home, make nourishing foods more accessible and inviting. Fill a fruit bowl with the fresh, colorful fruit you just purchased and place it on your kitchen countertop. Clean and cut fresh vegetables right away and put them in containers in the front of the fridge so they are convenient to grab and eat on the go. Place fresh herbs in water in the fridge to use quickly and put new milk behind the older one to use that one up before it spoils.