

May Lunch Specials 2021



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

A La Carte


Entrée.....	\$5.98	Seasoned Pork Loin Potato Pierogies Garden Salad
Vegan Entrée...	\$4.25	
Starch.....	\$1.50	
Vegetable.....	\$1.50	
Sandwich.....	\$5.45	

2 Flank Steak Baked Potato Steamed Broccoli	3 Tuna Avocado Boat Vegan Avocado Boat Toasted Croissant Watermelon Salad Veggie Quesadilla	4 Turkey Breast Quinoa Patty Macaroni & Cheese Creamed Spinach Turkey Reuben	5 Gyro Hummus Platter Greek Couscous Fattoush Salad Greek Tuna Wrap	6 Chinese Beef with Broccoli Vegan Stir Fry Fried Rice Veggie Egg Roll Club Sandwich	7 Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Corn Soufflé Reuben	8 Turkey Tacos Spanish Rice Pico de Gallo and Chips
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9 <i>Mother's Day</i> Uncured Honey Ham Scalloped Potatoes Glazed Carrots 	10 <u>Hospital Week Lunch</u> Hickory House BBQ Black Bean Burgers Hawaiian Rolls Kale Salad 	11 Thai Chicken Curry Thai Vegan Curry Naan Flatbread Carrot-Cumin Slaw Italian Sub	12 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	13 <u>Hospital Week Lunch</u> Pizza Party Vegan Pizza Caesar Salad 	14 Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad Turkey Avocado	15 Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms
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16 Ahi Tuna Steak Wild Rice Spicy Edamame	17 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Portabella Panini	18 Salmon Caesar Salad Vegan Kale Caesar Focaccia Bread Vegan Broccoli Salad Philly Cheesesteak	19 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	20 Sausage & Kale Alfredo Vegan Pesto Pasta Bread Sticks ½ Sweet Potato Ham & Chz Panini	21 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Spinach Soufflé BLT	22 French Dip Potato Wedges Coleslaw
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23 Enchilada Casserole Spanish Rice Sautéed Spinach	24 Niçoise Salad Vegan Niçoise French Bread Gazpacho Egg Salad	25 Pollo Asado Seitan Asado Raquelitas Tortillas Pablanos & Onions Turkey & Chz Panini	26 Greek Turkey Burger Greek Portabella Burger Mediterranean Orzo Greek Salad Chicken Quesadilla	27 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	28 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Egg Salad	29 Lemon Pepper Tilapia Wild Rice Steamed Broccoli
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30 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut	31 Shrimp Ceviche Quinoa Patti/Mango Corn Bread Spinach Salad Crab Cake	<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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Spring into Action

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Spring is here. The days are getting longer and the temperatures are rising. In addition to all of the wonderful fruits and vegetables spring provides, warmer weather gives us the chance to get out of the house and enjoy the benefits of physical activity.

With a balanced eating plan, exercise is important both for losing weight and maintaining your overall health. The *2018 Physical Activity Guidelines for Americans* recommend adults engage in a minimum of 2½ hours each week of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity a week.

With planning, you can easily fit 30 to 60 minutes of aerobic activity into your routine most days of the week.

Examples of moderate-intensity aerobic activities:

- Walking (about 3½ miles per hour)
- Water aerobics
- Bicycling (less than 10 mph)
- Tennis (doubles)
- Dancing

Examples of vigorous-intensity activities:

- Race-walking (4½ mph)
- Jogging, running (5 mph)
- Swimming laps
- Bicycling (faster than 10 mph)
- Tennis (singles)
- Aerobics

To increase your levels of aerobic activity, first decide which activities you enjoy and look at your daily schedule to see where you can fit in these activities. If you're starting from little or no daily physical activity, check with your physician first and begin with five to 10 minutes per day. Increase your duration every week by 10-minute increments until you're up to 30 to 60 minutes most days of the week.

And don't forget about strength-building exercises! Adults should do muscle-strengthening activities that involve all major muscle groups at least twice a week.

As you develop your physical activity plan, remember nutrition is fundamental to your peak physical performance. To put in your best effort, you need carbohydrates, proteins, fats, vitamins, minerals and water. If you're highly active, you may need slightly more of some nutrients. Whatever your level of activity, maximize your performance by consuming a wide variety of foods and adequate calories. Consider working with a registered dietitian nutritionist to help design a nutrition plan that supports your active lifestyle.