



October Dinner Specials 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Did you know?</p> <ul style="list-style-type: none"> Everything is priced a la carte Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 				<p>A La Carte</p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	1 Enchilada Casserole Spanish Rice Chili Lime Corn on Cobb	2 Chicken Cordon Bleu Roasted Red Potatoes Steamed Broccoli
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 Thai Chicken Curry Naan Flatbread Carrot-Cumin Slaw
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
<p>31 Halloween</p> <p>Autumn Chili in a Bread Bowl Spaghetti Squash Apple Crisp</p> 	<p>TRICK TREAT</p> 	<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 Monday-Friday). 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>				

Reduce Breast Cancer Risk

Contributors: Sarah Klemm, RDN, CD, LDN Published October 1, 2020



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October is National Breast Cancer Awareness Month and the perfect time to learn how to reduce your risk by eating right and engaging in physical activity. While there is no guaranteed way to prevent breast cancer, a healthy lifestyle can help reduce your risk of developing it and boost your odds of full recovery if you are diagnosed with it.

All women are vulnerable to developing breast cancer but certain women are at a higher risk. Although some risk factors can't be controlled, such as family history, gene mutations, onset of menstruation and menopause, other risk factors can be reduced by focusing on nutrition and lifestyle choices.

Weight is closely connected with breast cancer risk and risk increases for those with overweight or obesity after reaching menopause. Engaging in regular physical activity is associated with reduced breast cancer risk and is one way to help promote a healthy body weight. For optimal health, aim for at least 30 minutes of moderate-to-vigorous physical activity most days of the week.

Certain foods — high in dietary fiber, vitamins, minerals and phytonutrients — may help protect against some cancers. These foods include a variety of vegetables, fruits and whole grains, such as:

- **Cruciferous and dark, leafy green vegetables:** Spinach, broccoli, cauliflower, Brussels sprouts, cabbage, collards and kale
- **Fruits:** Citrus, berries, pomegranate and cherries
- **Whole grains:** Oats, whole grain barley, bulgur, whole rye and whole-grain breads and cereals
- **Legumes:** Beans and peas, lentils and soybeans

Alcohol intake also is linked with breast cancer risk. If you are a female of legal age and choose to drink, limit your intake to no more than one serving of alcohol per day. (A serving of alcohol is considered 1½ fluid ounces of hard liquor, 5 fluid ounces of wine or 12 fluid ounces of beer.)

To learn more about healthful eating to reduce your risk of breast cancer and other diseases, consult a registered dietitian nutritionist.