



October 2021 Lunch Specials



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Did you know?</p> <ul style="list-style-type: none"> Entrées in GREEN are Vegan or Vegetarian 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 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50</p> <p>Sandwich.....\$5.45</p>	<p>1</p> <p>Burger Bar Vegan Burger Bar Pasta Salad Side Salad</p> <p>Pulled Pork</p>	<p>2</p> <p>Shrimp Fajitas Refried Beans Sautéed Peppers</p>
<p>3</p> <p>Beer Battered Cod Potato Salad Classic Carrot Salad</p>	<p>4</p> <p>Veggie Lasagna Vegan Pesto Pasta Garlic Bread Arugula Salad</p> <p>Portabella Panini</p>	<p>5</p> <p>Enchilada Casserole Vegan Enchilada Casserole Spanish Rice Chili Lime Corn</p> <p>Italian Sub</p>	<p>6</p> <p>Gyro Hummus Platter Greek Couscous Fattoush Salad</p> <p>Greek Tuna Wrap</p>	<p>7</p> <p>Oven Fried Chicken Chickpea Patty Macaroni & Cheese Creamed Spinach</p> <p>Turkey Reuben</p>	<p>8</p> <p>Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Brussel Sprouts</p> <p>BLT</p>	<p>9</p> <p>Chicken Fried Steak Mashed Potatoes Carrots & Parsnips</p>	
<p>10</p> <p>Turkey Tacos Spanish Rice Pico de Gallo & Chips</p>	<p>11</p> <p>Shrimp Scampi Spinach Artichoke Scampi Dinner Roll Steamed Broccoli</p> <p>Mushroom Quesadilla</p>	<p>12</p> <p>Pozole Vegan Pozole Chips and Salsa Jicama Slaw</p> <p>Ham & Chz Panini</p>	<p>13</p> <p>Lemon Pepper Tilapia Chickpea Patty Hummus and Pita Tabouli Salad</p> <p>Cheddar Roast Beef</p>	<p>14</p> <p>Chinese Beef with Broccoli Vegan Stir Fry Steamed Rice Pot Stickers</p> <p>Turkey Avocado</p>	<p>15</p> <p>Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans</p> <p>Meatball Sub</p>	<p>16</p> <p>Ahi Tuna Steak Wild Rice Spicy Edamame</p>	
<p>17</p> <p>Flank Steak Baked Potato Steamed Broccoli</p>	<p>18</p> <p>Niçoise Salad Vegan Niçoise French Bread Gazpacho</p> <p>Egg Salad</p>	<p>19</p> <p>Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole</p> <p>Buffalo Chicken Sandwich w/ Swiss</p>	<p>20</p> <p>Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita</p> <p>Club Sandwich</p>	<p>21</p> <p>Sausage & Kale Alfredo Kale Pesto Pasta Dinner Rolls Sweet Potato</p> <p>Philly Cheesesteak</p>	<p>22</p> <p>Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots</p> <p>Tuna Melt</p>	<p>23</p> <p>Alaskan Sole Wild Rice Steamed Broccoli</p>	
<p>24</p> <p>Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms</p>	<p>25</p> <p>Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad</p> <p>Crab Cake</p>	<p>26</p> <p>Meatloaf Grilled Portabella Mashed Potatoes Sautéed Zucchini</p> <p>Reuben</p>	<p>27</p> <p>Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad</p> <p>Chicken Quesadilla</p>	<p>28</p> <p>Pollo Asado Seitan Asado Raquelitas Tortillas Pablanos & Onions</p> <p>Turkey & Chz Panini</p>	<p>29</p> <p>Autumn Chili in a Bread Bowl Quinoa Chili in a Bread Bowl Spaghetti Squash Apple Crisp</p> <p>Autumn Chili Dog</p>	<p>30</p> <p>Seasoned Pork Loin Potato Pierogies Garden Salad</p>	
<p>31 Halloween</p> <p>Fettucine & Eyeballs Pumpkin Bread Cheesy Brains</p> 	<p style="text-align: center;">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> 	

