

November 2021 Dinner Specials

SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<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 Meatloaf Mashed Potatoes Sautéed Zucchini	4 Piña Pork Tacos Rice and Beans Sautéed Peppers and Onions	5 Chicken Stir-Fry Egg Roll Sautéed Bok Choy	6 Cajun Jambalaya Corn Bread Creamed Spinach
7 Spaghetti & Meatballs Garlic Bread Green beans	8 Pesto Salmon Israeli Couscous Asparagus	9 Chicken Picatta Mushroom Barley Parsnips & Carrots	10 Flank Steak Scalloped Potatoes Glazed Carrots	11 BBQ Ribs Corn Bread Coleslaw	12 Turkey Tacos Refried Beans Guacamole & Chips	13 Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts
14 BBQ Chicken Pasta Salad Corn on the Cobb	15 Alaskan Sole Lemon Orzo Squash & Zucchini	16 Beef Shawarma Hummus and Pita Tzatziki with Pita	17 Pollo Asado Raquelitas Tortillas Pablanos & Onions	18 Sausage & Kale Alfredo Dinner Rolls Sweet Potato	19 Ahi Tuna Steak Wild Rice Yellow Squash	20 Cashew Chicken Fried Rice Stir Fry Vegetables
21 Spanish Paella Baguette Roasted Vegetables	22 Chicken Alfredo Focaccia Bread Steamed Broccoli	23 Burger Bar Onion Rings Greek Salad	24 Gyro Wrap Hummus and Pita Cucumber and Tomato Salad	25 Thanksgiving Special All Day! 	26 French Dip Potato Wedges Coleslaw	27 Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw
28 Chicken Fried Steak Baked Potato Side Salad	29 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	30 Butter Chicken & Rice Naan Flatbread Carrot-Cumin Slaw	 <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>			

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

The Joy of Cooking with Kids During the Holidays

Reviewed by Esther Ellis, MS, RDN, LDN Published November 21, 2019



Wavebreakmedia/iStock/Getty Images Plus/Getty Images

With special treats and family gatherings, the perfect time to teach your child about cooking and nutrition is during the holidays! Kids not only will get to try the new foods they prepare, but they also will get a big boost to their confidence when they see family and friends enjoying their creations. Most importantly, cooking with your children will promote future health by teaching them about nutrition and how to prepare healthy meals.

Safety Precautions

To be safe, cover a few ground rules before getting started in the kitchen. Teach kids to wash their hands with warm, soapy water while singing two choruses of "Happy Birthday" to wash away germs.

Teaching Basics

To begin cooking, teach your child the basics, such as cracking an egg or gathering the ingredients for a favorite holiday recipe. Convey to your child the importance of measuring the correct amount of each ingredient and the different types of utensils you need to use.

Look Who's Cooking!

To keep your children enthusiastic about cooking, assign tasks of a holiday recipe they are able to prepare based on their abilities. Here are some ideas depending on your child's age and ability:

- **Three to five year olds:** mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- **Six to seven year olds:** shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- **Eight to nine year olds:** use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
- **Children age ten and older:** slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Remember to allow your child to gradually master cooking methods. Start with simple techniques such as rolling dough, using a cookie cutter or spreading frosting. Give your child time to work his or her way up to completing the entire cookie making process, from pouring liquids into batter to baking them in the oven. Explain different methods for cooking and their purpose, such as baking versus broiling and how you would cook different dishes.