

November 2021 Lunch Specials

SUNDAY	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>A La Carte</u>	1	2	3	4	5	6
Entrée.....\$5.98 Vegan Entrée..\$4.25 Starch.....\$1.50 Vegetable.....\$1.50	Veggie Lasagna Vegan Pesto Pasta Garlic Bread Arugula Salad	Oven Fried Chicken Chickpea Patty Macaroni & Cheese Creamed Spinach	Gyro Hummus Platter Greek Couscous Fattoush Salad	Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw	Beef Stew Vegan Stew French Bread Creamed Spinach	Turkey Tacos Spanish Rice Pico de Gallo & Chips
Sandwich.....\$5.45	Portabella Panini	Turkey Reuben	Greek Tuna Wrap	Club Sandwich	Hot Roast Beef and Cheddar on Bun	
7	8	9	10	11 	12	13
Ahi Tuna Steak Wild Rice Spicy Edamame	Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower	Shepard's Pie Vegan Shepard's Pie Corn Bread Quinoa Kale Salad	Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Dinner Rolls Sweet Potato	Hickory House Provided by AVH Foundation for the Employee Giving Campaign Kick-Off	Burger Bar Vegan Burger Bar Pasta Salad Side Salad	Lemon Pepper Tilapia Hummus and Pita Tabouli Salad
	Mushroom Quesadilla	Ham & Chz Panini	Philly Cheesesteak		Pulled Pork	
14	15	16	17	18	19	20
Chicken Fried Steak Mashed Potatoes Carrots & Parsnips	Pozole Vegan Pozole Chips and Salsa Jicama Slaw	Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans	Niçoise Salad Vegan Niçoise French Bread Gazpacho	Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Brussel Sprouts	Chinese Beef with Broccoli Vegan Stir Fry Steamed Rice Pot Stickers	Greek Turkey Burger Orzo Salad Greek Salad
	Crab Cake	Meatball Sub	Chicken Quesadilla	BLT	Turkey Avocado	
21	22	23	24	25	26	27
Meatloaf Mashed Potatoes Sautéed Zucchini	Baja Fish Tacos Baja Tempeh Tacos Refried Beans Spicy Cole Slaw	Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots	Enchilada Casserole Vegan Enchilada Casserole Spanish Rice Chili Lime Corn	Thanksgiving Special All Day! 	Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad	Flank Steak Baked Potato Steamed Broccoli
	Veggie Quesadilla	Tuna Melt	Italian Sub		Reuben	
28	29	30	 <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>			
Pollo Asado Raquelitas Tortillas Pablanos & Onions	Alaskan Sole Quinoa Patty with Mango Salsa Wild Rice Steamed Broccoli	Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole				
	Egg Salad	Buffalo Chicken Sandwich w/ Swiss				

Breakfast 7:30-10am

Lunch 11:30-2pm

Dinner: 5-7pm

Helpful Tips for Healthy Holiday Parties

Reviewed by Sarah Klemm, RDN, CD, LDN Published December 6, 2019



As the holidays approach, parties become numerous along with platters of rich and delicious seasonal foods.

If you are hosting a gathering this holiday season and want to lighten up your offerings without sacrificing taste, you have plenty of options.

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Try swapping out a few

ingredients in your favorite recipes with some of these simple tips.

- Using two egg whites in place of one egg can reduce cholesterol and produce the same tasty result.
- Try low-sodium veggie broth in your mashed potatoes to add flavor & cut back on butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as too much may change the texture of the finished product.
- For dips and sauces, try using fat-free yogurt in place of sour cream or mayonnaise.
- Try sliced or slivered almonds as a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or fat-free cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh produce including sweet potatoes, winter squash, broccoli, carrots & green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or gathering, consider these tips to keep your night healthy and safe:

- Try starting your day with a small meal that includes whole grains, fruit, vegetables and some type of lean protein.
- Consider eating a small meal or snack before the event so you aren't tempted to overeat later.
- Socialize and settle into the festivities before seeking out the buffet.
- Savor foods you truly enjoy and pass up on those that don't really interest you.
- Move your socializing away from the buffet tables or appetizer trays. This will minimize the unconscious nibbling.

When it comes to alcohol, satisfy your thirst by drinking water first. If you are of legal age and choose to drink, moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men. Keep in mind, even a single drink will affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking.

The holidays are a great time for gathering with friends and family over food and drinks. With just a little preparation, you can enjoy celebratory foods mindfully and still experience all that the season has to offer.

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