

January 2022 Dinner Specials

SUNDAY	 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><u>A La Carte</u></p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	<p>1</p> <p>Cornish Hen Scalloped Potatoes Roasted Asparagus</p> <p><i>Happy New Year</i></p>
<p>2</p> <p>Chef's Choice!</p> 	<p>3</p> <p>Pesto Salmon Israeli Couscous Warm Cherry Tomato & Basil</p>	<p>4</p> <p>Turkey Tacos Refried Beans Guacamole & Chips</p>	<p>5</p> <p>Meatloaf Mashed Potatoes Sautéed Zucchini</p>	<p>6</p> <p>Cajun Jambalaya Corn Bread Collard Greens</p>	<p>7</p> <p>Chicken Cordon Bleu Rice Pilaf Steamed Broccoli</p>	<p>8</p> <p>Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts</p>
<p>9</p> <p>Beef Tacos Refried Beans Guacamole & Chips</p>	<p>10</p> <p>Ahi Tuna Steak Wild Rice Yellow Squash</p>	<p>11</p> <p>Chicken Picatta Mushroom Barley Glazed Carrots</p>	<p>12</p> <p>Flank Steak Baked Potato Creamed Spinach</p>	<p>13</p> <p>Polish Kielbasa Roasted Red Potatoes Sauerkraut & Peppers</p>	<p>14</p> <p>Enchilada Casserole Spanish Rice Chili Lime Corn</p>	<p>15</p> <p>Spaghetti & Meatballs Garlic Bread Green beans</p>
<p>16</p> <p>Honey Baked Ham Macaroni & Cheese Green Beans</p>	<p>17</p> <p>Spanish Paella Toasted Baguette Roasted Vegetables</p>	<p>18</p> <p>Sausage & Kale Alfredo Assorted Rolls Sweet Potato</p>	<p>19</p> <p>Gyro Wrap Hummus and Pita Cucumber and Tomato Salad</p>	<p>20</p> <p>Lasagna Garlic Bread Roasted Cauliflower</p>	<p>21</p> <p>Chicken Stir-Fry Pot Stickers Sautéed Cabbage</p>	<p>22</p> <p>Beef Stroganoff Assorted Rolls Sautéed Kale & Mushrooms</p>
<p>23</p> <p>Butter Chicken & Rice Naan Flatbread Carrot-Cumin Slaw</p>	<p>24</p> <p>Alaskan Sole Lemon Orzo Squash & Zucchini</p>	<p>25</p> <p>Turkey Pot Pie Cheddar Biscuit Glazed Carrots</p>	<p>26</p> <p>Chicken Fried Steak Baked Potato Side Salad</p>	<p>27</p> <p>Pollo Asado Raquelitas Tortillas Pablanos & Onions</p>	<p>28</p> <p>Burger Bar Onion Rings Greek Salad</p>	<p>29</p> <p>Piña Pork Tacos Rice and Beans Sautéed Peppers and Onions</p>
<p>30</p> <p>French Dip Potato Wedges Coleslaw</p>	<p>31</p> <p>Chicken Alfredo Focaccia Bread Steamed Broccoli</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 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>				

Benefits of Coffee

Contributors: Sarah Klemm, RDN, CD, LDN Published September 29, 2020



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Wake up and smell the ... antioxidants?

If you think your morning cup of joe provides nothing more to your body than a jolt of caffeine, you might be pleasantly surprised to learn that your daily cup may provide some additional benefits as well. Drinking moderate amounts of coffee has been linked to lower risk of cardiovascular disease, Type 2 diabetes and Parkinson's disease.

And those antioxidants? Although researchers have yet to determine the exact mechanisms behind some of the disease-preventing effects, it is important to keep in mind that these compounds may be exerting other beneficial effects, such as acting as an anti-inflammatory. Coffee also contains small amounts of some nutrients, including potassium, niacin and magnesium.

Making your coffee a vehicle for fat-free or low-fat milk is one way to increase your daily calcium and vitamin D intake. If your diet does not include dairy, a fortified soy beverage is a calcium-rich alternative. Just be mindful if adding sweetener, since coffee drinks can be a source of added sugars.

So how much java is too much? Three to five 8-ounce cups of coffee provide about 400 milligrams of caffeine, which is the most that is recommended per day for healthy adults. Certain groups, such as people with hypertension and the elderly, may be at a higher risk for negative side effects of caffeine and so should consider limiting their intake. Pregnant and breastfeeding women will also want to limit caffeine and should discuss their intake with a health care provider. Due to coffee being a stimulant, it is not recommended for children and adolescents.