

January 2022 Lunch Specials

SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Did you know? <ul style="list-style-type: none"> Everything is priced a la carte  Entrées in GREEN are Vegan or Vegetarian  Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 			A La Carte		1
					Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50 Sandwich.....\$5.45	Cornish Hen Scalloped Potatoes Roasted Asparagus 	
2 Chef's Choice! 	3 Shrimp Scampi Spinach Artichoke Scampi Garlic Bread Steamed Broccoli Veggie Quesadilla	4 Beef Stew Vegan Stew French Bread Sauteed Kale and Mushrooms Club Sandwich	5 Gyro Hummus Platter Greek Couscous Fattoush Salad Greek Tuna Wrap	6 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Turkey Reuben	7 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Philly Cheesesteak	8 Turkey Tacos Spanish Rice Pico de Gallo & Chips	
9 Lemon Caper Chicken Penne Pasta Green Beans	10 Veggie Lasagna Vegan Pesto Pasta Garlic Bread Spinach Salad Portabella Panini	11 Shepard's Pie Vegan Shepard's Pie Corn Bread Quinoa Kale Salad Ham & Chz Panini	12 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef and Cheddar on Bun	13 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	14 Lemon Pepper Tilapia Chickpea Patty Wild Rice Steamed Broccoli Turkey & Chz Panini	15 Chicken Cordon Bleu Brown Rice Steamed Carrots	
16 Chinese Beef with Broccoli Steamed Rice Pot Stickers	17 Niçoise Salad Vegan Niçoise French Bread Gazpacho Mushroom Quesadilla	18 Enchilada Casserole Vegan Enchilada Casserole Spanish Rice Chili Lime Corn Italian Sub	19 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Tuna Melt	20 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Brussel Sprouts BLT	21 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	22 Chicken Fried Steak Mashed Potatoes Carrots	
23 Ravioli Pumpkin Bread Roasted Cauliflower	24 Alaskan Sole Quinoa Patty with Mango Salsa Wild Rice Steamed Broccoli Egg Salad	25 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	26 Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Chicken Quesadilla	27 Flank Steak Portabella Steak Baked Potato Steamed Broccoli Turkey Avocado	28 Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad Reuben	29 Ahi Tuna Steak Wild Rice Spicy Edamame	
30 Meatloaf Mashed Potatoes Sautéed Zucchini	31 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Crab Cake	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.					

Functional Foods

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Magazine articles and news reports tout the benefits of "functional foods," which they claim can do everything, from reducing cholesterol to preventing cancer. At the grocery store, you'll find plenty of foods and beverages with similar health benefits advertised on their packaging — but what is a functional food exactly?

Most foods are functional. Food may provide protein for muscle repair, carbohydrates for energy or vitamins and minerals for cell function. But in the 1980s, the Japanese government created a class of "functional foods" that included additional health benefits beyond those covered by basic nutrition.

In the United States, the Food and Drug Administration, or FDA, regulates functional foods and label claims that appear on foods and beverages. Examples of claims include those promoting the role of dietary fiber for heart health or advertisements that a product is "lite" or reduced in sodium or fat. Although the FDA defines terms, such as "reduced sodium" and "low-fat," there is currently no legal definition for functional food. This leaves American consumers to evaluate the claim on their own. Focusing on the Nutrition Facts label and ingredients list can help you determine if a food is a healthful choice.

Functional foods cover a variety of foods. Minimally processed, whole foods along with fortified, enriched or enhanced foods, can all be functional foods. Generally, these foods have a potentially beneficial effect on health when consumed on a regular basis and at certain levels.

Another area that is often questioned is food fortification — when products include added vitamins and other nutrients. Fortified foods can have a place in a healthy eating plan. Some may help to provide nutrients that might be low or missing. For example, there are only a few foods that naturally contain vitamin D, so products that are fortified with it, such as milk, are a main source of vitamin D for many people. Other foods and beverages may be fortified with nutrients that are easier to obtain. Some fortified products may also contain high amounts of added sugars or sodium, so be sure to review the Nutrition Facts label.

When possible, consider focusing on minimally processed, functional foods to provide a variety of nutrients to help meet your needs. Some examples might include:

1. **Fish** Fatty fish, like salmon, sardines, trout and herring, are among some of the best choices. They are lower in mercury and have higher amounts of omega-3 fatty acids, which may help lower risk of heart disease and improve infant health when consumed by women during pregnancy or while breastfeeding. About eight ounces of seafood a week is a good goal for adults, which amounts to two meals per week.
2. **Unsalted Nuts** They make a great snack, help you feel full and may help promote heart health. Bonus: most unsalted nuts, including cashews and almonds, are good sources of magnesium, which plays a role in managing blood pressure.
3. **Whole Grains** Oatmeal receives plenty of recognition for its dietary fiber, an under consumed nutrient of public health concern in the United States. It may help lower cholesterol and assist with blood sugar control. Other whole grains, such as whole barley, farro and buckwheat, also offer a variety of health benefits.
4. **Beans** Beans provide dietary fiber, as well as protein, potassium and folate. While canned beans are fine, look for those with no salt added. If you do choose beans with salt added, rinse and drain them before use, which reduces sodium significantly.
5. **Berries** Whether you opt for strawberries, cranberries, blueberries, or blackberries, berries are wonderful functional foods. Not only are they low in calories, their anthocyanin pigments, which give them color, may offer health benefits. If you can't get fresh berries, frozen unsweetened berries are a healthful choice, too.

A healthful eating style, which includes a variety of foods from each food group, prepared in a healthful way, can help you meet your nutrient needs and reduce your risk for various chronic diseases. Focus on fruits and vegetables, whole grains, lean protein foods and low-fat or fat-free dairy products