



July 2022 Dinner Specials



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Did you know?

- **Everything is priced a la carte**
- **Breakfast is served 7:30-10am**
- **Lunch is served 11:30-2pm**
- **Dinner is served 5-7pm**



A La Carte

Entrée.....\$5.98
 Starch.....\$1.50
 Vegetable.....\$1.50

1

Chicken Picatta
 Mushroom Barley
 Glazed Carrots

2

Spaghetti &
 Meatballs
 Garlic Bread
 Green beans

3

Cajun Jambalaya
 Corn Bread
 Collard Greens

4



BBQ Chicken
 Pasta Salad
 Coleslaw



5

Meatloaf
 Mashed Potatoes
 Sautéed Zucchini

6

Turkey Tacos
 Refried Beans
 Guacamole &
 Chips

7

Seasoned Pork
 Loin
 Red Potatoes
 Roasted Brussel
 Sprouts

8

Grilled Chicken
 Caesar Salad
 Bread Stick
 Avocado Half

9

Ahi Tuna Steak
 Wild Rice
 Yellow Squash

10

Beef Stroganoff
 Dinner Roll
 Sautéed Kale &
 Mushrooms

11

Shrimp Scampi
 French Bread
 Steamed Broccoli

12

Flank Steak
 Baked Potato
 Creamed Spinach

13

Polish Kielbasa
 Roasted Red
 Potatoes
 Sauerkraut &
 Peppers

14

Butter Chicken &
 Rice
 Naan Flatbread
 Carrot-Cumin Slaw

15

Burger Bar
 Potato Wedges
 Greek Salad

16

Spanish Paella
 Toasted Baguette
 Roasted
 Vegetables

17

Cashew Chicken
 Fried Rice
 Stir Fry Vegetables

18

Alaskan Sole
 Quinoa & Brown
 Rice
 Squash & Zucchini

19

Spicy Beef Tacos
 Spanish Rice
 Guacamole & Chips

20

Cobb Salad
 Bread Stick
 Gazpacho

21

Chicken Stir-Fry
 Pot Stickers
 Sautéed Cabbage

22

Turkey Pot Pie
 Cheddar Biscuit
 Glazed Carrots

23

Chicken Cordon
 Bleu
 Brown Rice
 Spinach Salad

24

Butternut Squash
 Ravioli
 Sourdough
 Roasted Cauliflower

25

Pesto Salmon
 Israeli Couscous
 Warm Cherry
 Tomatoes & Basil

26

Chicken Fried
 Steak
 Baked Potato
 Roasted Brussel
 Sprouts

27

Chicken Alfredo
 Focaccia Bread
 Steamed Broccoli

28

Sausage & Kale
 Alfredo
 Sweet Potato
 House Salad

29

Lasagna
 Garlic Bread
 Roasted Cauliflower

30

Honey Baked Ham
 Scalloped Potatoes
 Green Beans

31

Enchilada Casserole
 Refried Beans
 Spinach Soufflé



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.



Brain Health and Fish

Contributors: Sarah Klemm, RDN, CD, LDN Published June 16, 2022



RafalStachura/iStock/Getty Images Plus

When is the last time you had fish for dinner? If you can't remember, it may be more than the passage of time that's to blame. Research suggests that improved memory is just one of many brain-boosting benefits associated with eating more fish.

You Are What You Eat

You've likely heard that omega-3 fatty acids are good for your health. But one in particular, docosahexaenoic acid, or DHA, goes straight to your head.

DHA is an omega-3 fatty acid that is required to keep the brain functioning normally and efficiently. Brain and nervous system tissues are partly made up of fat, and research suggests they have a special preference for DHA over other types of fatty acids.

If you think higher levels of DHA in your diet might simply help you remember to put fish on your shopping list, keep in mind that several studies have linked DHA deficiencies to more serious cognitive problems than occasional forgetfulness. In fact, low levels of DHA have been associated with a greater risk of Alzheimer's disease in later years.

Signs of memory loss shouldn't be your first signal to boost intake. Think of fish consumption as a savings plan for your brain, not a winning lottery ticket. Long-term consumption of adequate DHA is linked to improved memory and reduced rates of cognitive decline. To reap the brain benefits of DHA, you need to maintain a consistent intake of DHA-rich foods.

Sea-Worthy Servings

Do you have to be swimming in fish dinners to feed your brain? The 2020-2025 *Dietary Guidelines for Americans* recommends adults consume at least 8 ounces of seafood per week. This works out to be two 4-ounce servings of fish. Oily fish such as salmon, tuna, Atlantic mackerel, herring and trout are great catches with DHA to offer. When you get cooking, think broiling or grilling — the extra fat from deep frying is counterproductive when there's lean protein on the menu. Choose varieties that are lower in mercury levels more often, like salmon or freshwater trout. Meanwhile, shark and swordfish are choices to limit due to high mercury levels. You also can select fish that have a lesser environmental impact – consider varieties that have been certified for responsible seafood production.

Brains and Brawn

Add one more plus to the fish list: lean protein. To make sure the body stays in top aerobic condition to power through exercise, the effect of fish on the heart is just one more benefit. Aside from being lower in saturated fat than red meat, swapping burgers for tuna means more omega-3s, which studies suggest may reduce the risk for heart disease.

Seafood or Seaweed?

For individuals who follow vegetarian or vegan diets, all is not lost — getting DHA is possible. Algae is a primary source of DHA and is used to make vegetarian DHA supplements. Ground flax seed, walnuts and chia seeds are other plant-based sources of another omega-3 fatty acid, ALA, which the body converts into DHA. However, our bodies may convert less than 15% of ALA to DHA. If your primary intake of omega-3s comes from sources other than oily fish, consider speaking to a doctor or registered dietitian nutritionist about supplementation.