



July 2022 Lunch Specials



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Did you know?</p> <ul style="list-style-type: none"> Entrées in GREEN are Vegan or Vegetarian 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 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50</p> <p>Sandwich.....\$5.45</p>		<p>1</p> <p>Beef Barbacoa Tacos Sweet Potato Tacos Chips & Salsa Black Bean Corn Salsa</p> <p>Turkey Avocado</p>		<p>2</p> <p>Lemon Caper Chicken over Penne Garlic Bread Steamed Broccoli</p>					
<p>3</p> <p>Seasoned Pork Loin Garlic Red Potatoes Warm Cherry Tomato Salad</p>		<p>4 </p> <p>BBQ Ribs BBQ Portabella Steak Potato Salad Corn on the Cobb</p> <p>Chili Dog</p>		<p>5</p> <p>Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Steamed Veggies</p> <p>Turkey Reuben</p>		<p>6</p> <p>Lemon Pepper Tilapia Chickpea Patty Wild Rice Steamed Broccoli</p> <p>Philly Cheesesteak</p>		<p>7</p> <p>Beef Tamales Vegan Zucchini Tamales Refried Beans Guacamole & Chips</p> <p>Ham & Chz Panini</p>		<p>8</p> <p>Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Superfood Salad</p> <p>Chicken Salad</p>		<p>9</p> <p>Enchilada Casserole Spanish Rice Chili Lime Corn</p>	
<p>10</p> <p>Uncured Honey Ham Scalloped Potatoes Glazed Carrots</p>		<p>11</p> <p>Veggie Lasagna Vegan Pesto Pasta Garlic Bread Arugula Salad</p> <p>Portabella Panini</p>		<p>12</p> <p>Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw</p> <p>Hot Roast Beef and Cheddar on Bun</p>		<p>13</p> <p>Gyro Hummus Platter Pita and Tzatziki Fattoush Salad</p> <p>Greek Tuna Wrap</p>		<p>14</p> <p>Chinese Beef with Broccoli Vegan Stir Fry Pot Stickers Spring Rolls</p> <p>Turkey & Chz Panini</p>		<p>15</p> <p>Shrimp Ceviche Quinoa Patti w/ Mango Salsa Corn Bread Spinach Salad</p> <p>Meatball Sub</p>		<p>16</p> <p>French Dip Potato Wedges Coleslaw</p>	
<p>17</p> <p>Piña Pork Tacos Chips & Salsa Black Bean Corn Salad</p>		<p>18</p> <p>Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad</p> <p>Egg Salad Sandwich</p>		<p>19</p> <p>Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole</p> <p>Buffalo Chicken Sandwich w/ Swiss</p>		<p>20</p> <p>Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans</p> <p>Meatball Sub</p>		<p>21</p> <p>Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Brussel Sprouts</p> <p>BLT</p>		<p>22</p> <p>Burger Bar Vegan Burger Bar Pasta Salad Side Salad</p> <p>Pulled Pork</p>		<p>23</p> <p>Alaskan Sole Wild Rice Steamed Broccoli</p>	
<p>24</p> <p>BBQ Chicken Pasta Salad Coleslaw</p>		<p>25</p> <p>Pozole Vegan Pozole Chips and Salsa Jicama Slaw</p> <p>Crab Cake</p>		<p>26</p> <p>Niçoise Salad Vegan Niçoise French Bread Gazpacho</p> <p>Chicken Quesadilla</p>		<p>27</p> <p>Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad</p> <p>Italian Sub</p>		<p>28</p> <p>Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots</p> <p>Tuna Melt</p>		<p>29</p> <p>Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach</p> <p>Reuben</p>		<p>30</p> <p>Tuna Avocado Boats Toasted Croissant Radish Salad</p>	
<p>31</p> <p>Shrimp Scampi Garlic 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 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>									

7 Ways to Enhance the Flavor of Your Meals

Contributors: Esther Ellis, MS, RDN, LDN Published March 11, 2019



o_lesyk/iStock/Thinkstock

Cooking at home can be healthy, rewarding and cost-effective. The foods you enjoy are likely the ones you eat the most, so make taste a kitchen priority when preparing nutritious, satisfying meals.

To maximize food's flavor and nutrition, start with high-quality ingredients. They don't need to be the most expensive foods. It's also important to handle and store foods properly, because poor storage destroys flavor and quality.

Overcooking can destroy flavor and nutrients. So cook to retain nutrients, flavor, color, texture and overall appeal. Cooking can't improve poor-quality foods, but it can enhance the flavors of high-quality foods.

Try these seven simple techniques to enhance flavor and experiment with flavor combinations.

- Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling, which help to brown meat and add flavor. Just don't overcook, burn or char meat.
- Roast veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Before popping them into the oven, brush or spray lightly with high-heat oil and sprinkle with herbs.
- Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a bit of oil. Use them to make a rich, dark sauce for meat or poultry.
- Pep it up with peppers! Use red, green and yellow peppers of all varieties — sweet, hot and dried. Or, add a dash of hot pepper sauce.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
- Use small amounts of ingredients with bold flavors such as pomegranate seeds, chipotle pepper or cilantro.
- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.