



October 2022 Dinner Specials



SUNDAY

MEATLESS 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

BBQ Ribs
 Potato Salad
 Corn on the Cobb

2

Chicken Picatta
 Mushroom Barley
 Glazed Carrots

3

Cajun Jambalaya
 Corn Bread
 Collard Greens

4

Polish Kielbasa
 Roasted Red Potatoes
 Sauerkraut & Peppers

5

Beef Barbacoa Tacos
 Chips & Salsa
 Black Bean Corn Salsa

6

Grilled Chicken
 Caesar Salad
 Bread Stick
 Avocado Half

7

Spaghetti & Meatballs
 Garlic Bread
 Green beans

8

Beer Battered Fish
 Waffle Fries
 Classic Carrot Salad

9

Chicken Cordon Bleu
 Brown Rice
 Spinach Salad

10

Tuna Avocado Boats
 Toasted Croissant
 Radish Salad

11

Chicken Stir-Fry
 Pot Stickers
 Sautéed Cabbage

12

Meatloaf
 Mashed Potatoes
 Sautéed Zucchini

13

Seasoned Pork Loin
 Red Potatoes
 Roasted Brussel Sprouts

14

Turkey Tacos
 Refried Beans
 Guacamole & Chips

15

Chicken Fried Steak
 Baked Potato
 Steamed Broccoli

16

Alaskan Sole
 Quinoa & Brown Rice
 Squash & Zucchini

17

Spanish Paella
 Toasted Baguette
 Roasted Vegetables

18

French Dip
 Potato Wedges
 Coleslaw

19

Beef Tamales
 Refried Beans
 Guacamole & Chips

20

Gyro
 Pita and Tzatziki
 Fattoush Salad

21

BBQ Chicken
 Potato Salad
 Coleslaw

22

Sausage & Kale
 Alfredo
 Sweet Potato
 House Salad

23

Shrimp Scampi
 French Bread
 Steamed Broccoli

24

Cobb Salad
 Bread Stick
 Gazpacho

25

Burger Bar
 Potato Wedges
 Greek Salad

26

Chicken Alfredo
 Focaccia Bread
 Steamed Broccoli

27

Turkey Pot Pie
 Cheddar Biscuit
 Glazed Carrots

28

Pulled Pork
 Sandwich
 Macaroni Salad
 Creamy Coleslaw

29

Lasagna
 Garlic Bread
 Roasted Cauliflower

30

Salmon Caesar Salad
 Pasta Salad
 Radish Salad

31 **Halloween**

Autumn Chili in a Bread Bowl
 Spaghetti Squash
 Apple Crisp



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.



Reduce Breast Cancer Risk

Contributors: Sarah Klemm, RDN, CD, LDN Published October 1, 2020



Wavebreakmedia/iStock/Getty Images Plus/Getty Images

October is National Breast Cancer Awareness Month and the perfect time to learn how to reduce your risk by eating right and engaging in physical activity. While there is no guaranteed way to prevent breast cancer, a healthy lifestyle can help reduce your risk of developing it and boost your odds of full recovery if you are diagnosed with it.

All women are vulnerable to developing breast cancer but certain women are at a higher risk. Although some risk factors can't be controlled, such as family history, gene mutations, onset of menstruation and menopause, other risk factors can be reduced by focusing on nutrition and lifestyle choices.

Weight is closely connected with breast cancer risk and risk increases for those with overweight or obesity after reaching menopause. Engaging in regular physical activity is associated with reduced breast cancer risk and is one way to help promote a healthy body weight. For optimal health, aim for at least 30 minutes of moderate-to-vigorous physical activity most days of the week.

Certain foods — high in dietary fiber, vitamins, minerals and phytonutrients — may help protect against some cancers. These foods include a variety of vegetables, fruits and whole grains, such as:

- **Cruciferous and dark, leafy green vegetables:** Spinach, broccoli, cauliflower, Brussels sprouts, cabbage, collards and kale
- **Fruits:** Citrus, berries, pomegranate and cherries
- **Whole grains:** Oats, whole grain barley, bulgur, whole rye and whole-grain breads and cereals
- **Legumes:** Beans and peas, lentils and soybeans

Alcohol intake also is linked with breast cancer risk. If you are a female of legal age and choose to drink, limit your intake to no more than one serving of alcohol per day. (A serving of alcohol is considered 1½ fluid ounces of hard liquor, 5 fluid ounces of wine or 12 fluid ounces of beer.)

To learn more about healthful eating to reduce your risk of breast cancer and other diseases, consult a registered dietitian nutritionist.