



October 2022 Lunch Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Did you know?

- 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



A La Carte

Entrée.....\$5.98
 Vegan Entrée...\$4.25
 Starch.....\$1.50
 Vegetable.....\$1.50

Sandwich.....\$5.45

1

Lemon Pepper
 Tilapia
 Wild Rice
 Steamed Broccoli

2

Shrimp Scampi
 Garlic Bread
 Steamed Broccoli

3

Veggie Lasagna
 Vegan Pesto Pasta
 Garlic Bread
 Arugula Salad

4

EPIC Taco Bar
 Vegan Taco Bar
 Refried Beans
 Guacamole & Chips

5

Gyro
 Hummus Platter
 Pita and Tzatziki
 Fattoush Salad

6

Pork Lettuce Wraps
 Vegan Lettuce Wraps
 Rice Noodles
 Spring Rolls

7

Cobb Salad
 Vegan Cobb
 Israeli Couscous
 Watermelon Radish Salad

8

Flank Steak
 Baked Potato
 Steamed Broccoli

Portabella Panini

Ham & Chz Panini

Quesadilla

Italian Sub

Turkey Reuben

9

Enchilada Casserole
 Spanish Rice
 Chili Lime Corn

10

Baja Fish Tacos
 Baja Vegan Tacos
 Refried Beans
 Spicy Cole Slaw

11

Meatloaf
 Grilled Portabella
 Mashed Potatoes
 Sautéed Zucchini

12

Chicken Shawarma
 Chickpea Falafel
 Baba Ganoush
 Tzatziki with Pita

13

Sausage & Kale
 Alfredo
 Vegan Sausage &
 Kale Pesto Pasta
 Sweet Potato
 Superfood Salad

14

Butter Chicken & Rice
 Vegan Curry & Rice
 Naan Flatbread
 Carrot-Cumin Slaw

15

Shrimp Ceviche
 Corn Bread
 Spinach Salad

Philly Cheesesteak

Egg Salad Sandwich

Club Sandwich

Chicken Salad

Hot Roast Beef and Cheddar

16

Piña Pork Tacos
 Chips & Salsa
 Black Bean Corn Salad

17

Shrimp Po Boy
 Vegan Po Boy
 Cajun Sweet Potatoes
 Collard Greens

18

Carnitas Burrito Bowl
 Vegan Burrito Bowl
 Rice and Beans
 Chips & Guacamole

19

Chicken Parmesan
 Eggplant Parmesan
 Garlic Bread
 Green Beans

20

Turkey Pot Pie
 Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli Salad

21

Burger Bar
 Vegan Burger Bar
 Pasta Salad
 Side Salad

22

Alaskan Sole
 Wild Rice
 Green Beans

Greek Tuna Wrap

Buffalo Chicken Sandwich w/ Swiss

Meatball Sub

BLT

Pulled Pork

23

Beef Stroganoff
 Dinner Rolls
 Sautéed Kale & Mushrooms

24

Pozole
 Vegan Pozole
 Chips and Salsa
 Jicama Slaw

25

Niçoise Salad
 Vegan Niçoise
 French Bread
 Gazpacho

26

Bento Beef Salad
 Tofu Bento Salad
 Soba Noodles
 Parsley Carrots

27

Crispy Chicken Sandwich
 Meatless Chik'n Sandwich
 Macaroni & Cheese
 Creamed Spinach

28

Chinese Beef with Broccoli
 Vegan Stir Fry
 Pot Stickers
 Spring Rolls

29

Greek Turkey Burger
 Orzo Salad
 Greek Salad

Crab Cake

Chicken Quesadilla

Tuna Melt

Reuben

Turkey & Chz Panini

30

Lemon Caper
 Chicken over Penne
 Garlic Bread
 Steamed Broccoli

31

Halloween
 Autumn Chili in a Bread Bowl
 Quinoa Chili in a Bread Bowl
 Spaghetti Squash
 Apple Crisp
 Autumn Chili Dog

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 Your Cancer Risk by Eating Right

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Did you know you can reduce your risk of cancer? The International Agency for Research on Cancer estimates that, by 2040, there will be 29.5 million new cancer cases each year in the United States. Research shows that many of these cases could be prevented.

While cancer prevention is still being researched, we do know your chances of developing cancer can be affected by the lifestyle choices you make. In fact, new research shows as many as one-third of all cancer deaths are linked to diet and physical activity. Besides quitting smoking and protecting your skin from damaging UV rays, some of the most important things you can do to help reduce your cancer risk are eating right and being physically active on a regular basis throughout life.

Here are some general guidelines to help reduce your cancer risk through eating right.

- **Eat plenty of fruits and vegetables** which are linked with a lower risk of certain cancers. Fill half your plate each meal with a variety of colorful fruits and vegetables.
- **Eat fewer foods that are highly processed and low in nutrients.** Filling up on foods with added sugars and saturated fats leaves little room for nutrient-dense, cancer-preventive foods. You can still enjoy the foods you love, but the foods you eat should consist mostly of whole grains, vegetables, fruit, nuts, seeds and lean protein foods.
- **Focus on plant proteins.** Beans and lentils are nutritious and affordable sources of protein and dietary fiber. Research links high intakes of red, processed and charred meat with increased cancer risk, so eat these sparingly.
- **Limit alcohol.** Evidence suggests all types of alcoholic drinks may increase your risk of breast, colorectal and other forms of cancer. If you're of legal drinking age and choose to drink, limit alcoholic beverages to one drink or less per day for women and two drinks or less per day for men on days that alcohol is consumed.

For more tips on reducing your risk or managing diseases through nutrition, consult a registered dietitian nutritionist in your area.