

November 2022 Dinner Specials

SUNDAY

MONDAY

TUESDAY

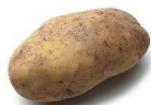
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p><u>A La Carte</u></p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	<p>1</p> <p>Meatloaf Mashed Potatoes Sautéed Zucchini</p>	<p>2</p> <p>Beer Battered Fish Waffle Fries Classic Carrot Salad</p>	<p>3</p> <p>Spaghetti & Meatballs Garlic Bread Green beans</p>	<p>4</p> <p>Chicken Picatta Mushroom Barley Glazed Carrots</p>	<p>5</p> <p>Cajun Jambalaya Corn Bread Collard Greens</p>
<p>6</p> <p>Piña Pork Tacos Chips & Salsa Black Bean Corn Salad</p>	<p>7</p> <p>Alaskan Sole Quinoa & Brown Rice Squash & Zucchini</p>	<p>8</p> <p>Flank Steak Baked Potato Steamed Broccoli</p>	<p>9</p> <p>Polish Kielbasa Roasted Red Potatoes Sauerkraut & Peppers</p>	<p>10</p> <p>Turkey Tacos Refried Beans Guacamole & Chips</p>	<p>11</p> <p>Salmon Caesar Salad Pasta Salad Radish Salad</p>	<p>12</p> <p>Chicken Cordon Bleu Brown Rice Asparagus</p>
<p>13</p> <p>Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw</p>	<p>14</p> <p>Shrimp Scampi French Bread Steamed Broccoli</p>	<p>15</p> <p>Chicken Stir-Fry Pot Stickers Sautéed Cabbage</p>	<p>16</p> <p>Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms</p>	<p>17</p> <p>BBQ Ribs Potato Salad Corn on the Cobb</p>	<p>18</p> <p>Gyro Pita and Tzatziki Fattoush Salad</p>	<p>19</p> <p>Seasoned Pork Loin Red Potatoes Roasted Brussel Sprouts</p>
<p>20</p> <p>Chicken Fried Steak Baked Potato Steamed Carrots</p>	<p>21</p> <p>Spanish Paella Toasted Baguette Roasted Vegetables</p>	<p>22</p> <p>Beef Tamales Refried Beans Guacamole & Chips</p>	<p>23</p> <p>Cobb Salad Bread Stick Cup of Veggie Soup</p>	<p>24</p> <p>Thanksgiving Special All Day!</p> 	<p>25</p> <p>Lasagna Garlic Bread Roasted Cauliflower</p>	<p>26</p> <p>Greek Turkey Burger Orzo Salad Greek Salad</p>
<p>27</p> <p>Pesto Salmon Israeli Couscous Asparagus</p>	<p>28</p> <p>Turkey Pot Pie Cheddar Biscuit Glazed Carrots</p>	<p>29</p> <p>Sausage & Kale Alfredo Sweet Potato House Salad</p>	<p>30</p> <p>Burger Bar Potato Wedges Greek Salad</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 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.</p>		



The Joy of Cooking with Kids During the Holidays

Reviewed by Esther Ellis, MS, RDN, LDN Published November 21, 2019



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With special treats and family gatherings, the perfect time to teach your child about cooking and nutrition is during the holidays! Kids not only will get to try the new foods they prepare, but they also will get a big boost to their confidence when they see family and friends enjoying their creations. Most importantly, cooking with your children will promote future health by teaching them about nutrition and how to prepare healthy meals.

Safety Precautions

To be safe, cover a few ground rules before getting started in the kitchen. Teach kids to wash their hands with warm, soapy water while singing two choruses of "Happy Birthday" to wash away germs.

Teaching Basics

To begin cooking, teach your child the basics, such as cracking an egg or gathering the ingredients for a favorite holiday recipe. Convey to your child the importance of measuring the correct amount of each ingredient and the different types of utensils you need to use.

Look Who's Cooking!

To keep your children enthusiastic about cooking, assign tasks of a holiday recipe they are able to prepare based on their abilities. Here are some ideas depending on your child's age and ability:

- **Three to five year olds:** mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- **Six to seven year olds:** shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- **Eight to nine year olds:** use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
- **Children age ten and older:** slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Remember to allow your child to gradually master cooking methods. Start with simple techniques such as rolling dough, using a cookie cutter or spreading frosting. Give your child time to work his or her way up to completing the entire cookie making process, from pouring liquids into batter to baking them in the oven. Explain different methods for cooking and their purpose, such as baking versus broiling and how you would cook different dishes.