

# November 2022 Lunch Specials

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p><b><u>A La Carte</u></b></p> <p>Entrée.....\$5.98  <b>Vegan Entré.\$4.25</b>            Starch.....\$1.50            Vegetable.....\$1.50</p> <p><b>Sandwich.....\$5.45</b></p>	<p>1</p> <p>Chicken Mole Tacos  <b>Tempeh Mole Tacos</b>            Refried Beans            Spicy Cole Slaw</p>	<p>2</p> <p>Brisket  <b>Portabella Steak</b>            Latkes            Roasted Carrots</p>	<p>3</p> <p>Pork Lettuce Wraps  <b>Vegan Lettuce Wraps</b>            Soba Noodles            Spring Rolls</p>	<p>4</p> <p>Gyro  <b>Hummus Platter</b>            Pita and Tzatziki            Fattoush Salad</p>	<p>5</p> <p>Shrimp Scampi            Garlic Bread            Steamed Broccoli</p>
<p>6</p> <p>Chicken Cordon Bleu            Wild Rice            Parsley Carrots</p>	<p>7</p> <p>Veggie Lasagna  <b>Vegan Pesto Pasta</b>            Garlic Bread            Spinach Salad</p> <p>Portabella Panini</p>	<p>8</p> <p>Sausage &amp; Kale Alfredo  <b>Vegan Sausage &amp; Kale Pesto Pasta</b>            Sweet Potato            Superfood Salad</p> <p>Chicken Salad</p>	<p>9</p> <p>Alaskan Sole  <b>Quinoa Patty with Mango Salsa</b>            Wild Rice            Steamed Broccoli</p> <p>Club Sandwich</p>	<p>10</p> <p>Butter Chicken &amp; Rice  <b>Vegan Curry &amp; Rice</b>            Naan Flatbread            Carrot-Cumin Slaw</p> <p>Hot Roast Beef and Cheddar</p>	<p>11</p> <p>Shepard's Pie  <b>Vegan Shepard's Pie</b>            Corn Bread            Quinoa Kale Salad</p> <p>Turkey &amp; Chz Panini</p>	<p>12</p> <p>Enchilada Casserole            Spanish Rice            Chili Lime Corn</p>
<p>13</p> <p>Meatloaf            Mashed Potatoes            Sautéed Zucchini</p>	<p>14</p> <p>Pumpkin Ravioli  <b>Spaghetti Squash w/ Mushroom Ragu</b>            Pumpkin Bread            Roasted Cauliflower</p> <p>Mushroom Quesadilla</p>	<p>15</p> <p>Baja Fish Tacos  <b>Baja Vegan Tacos</b>            Refried Beans            Spicy Cole Slaw</p> <p>Philly Cheesesteak</p>	<p>16</p> <p>Crispy Chicken Sandwich  <b>Meatless Chik'n Sandwich</b>            Macaroni &amp; Cheese            Creamed Spinach</p> <p>Reuben</p>	<p>17</p> <p>Burger Bar  <b>Vegan Burger Bar</b>            Pasta Salad            Side Salad</p> <p>Pulled Pork</p>	<p>18</p> <p>Ramen Bowl  <b>Vegan Ramen Bowl</b>            Veggie Pot Stickers            Baby Bok Choy</p> <p>Egg Salad Sandwich</p>	<p>19</p> <p>Alaskan Sole            Wild Rice            Green Beans</p>
<p>20</p> <p>Greek Turkey Burger            Orzo Salad            Greek Salad</p>	<p>21</p> <p>Shrimp Po Boy  <b>Vegan Po Boy</b>            Cajun Sweet Potatoes            Collard Greens</p> <p>Greek Tuna Wrap</p>	<p>22</p> <p>Chicken Parmesan  <b>Eggplant Parmesan</b>            Garlic Bread            Green Beans</p> <p>Meatball Sub</p>	<p>23</p> <p>Beef Stew  <b>Vegan Stew</b>            French Bread            Sauteed Kale and Mushrooms</p> <p>Club Sandwich</p>	<p>24</p> <p>Thanksgiving Special All Day!</p> 	<p>25</p> <p>Niçoise Salad  <b>Vegan Niçoise</b>            French Bread            Cup of Veggie Soup</p> <p>Turkey Reuben</p>	<p>26</p> <p>Chinese Beef with Broccoli            Pot Stickers            Spring Rolls</p>
<p>27</p> <p>Lemon Pepper Tilapia            Wild Rice            Steamed Broccoli</p>	<p>28</p> <p>Pozole  <b>Vegan Pozole</b>            Chips and Salsa            Jicama Slaw</p> <p>Crab Cake</p>	<p>29</p> <p>Turkey Pot Pie  <b>Vegan Pot Pie</b>            Cheddar Biscuit            Vegan Broccoli Salad</p> <p>BLT</p>	<p>30</p> <p>Carnitas Burrito Bowl  <b>Vegan Burrito Bowl</b>            Rice and Beans            Chips &amp; Guacamole</p> <p>Buffalo Chicken Sandwich w/ Swiss</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 (<b>vegan lunch options available M-F</b>). 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>		
						

# Reinventing Thanksgiving

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Nothing tastes better than Turkey with all the trimmings! But what to do with leftovers? Reheating is one option. Refrigerated leftover turkey and stuffing is only good for three or four days. And, for safety's sake, reheat to an internal temperature of 165°F .

Another option: Reinvent your Thanksgiving feast a day or two later.

- *Make a hearty harvest stew.* Start with leftover gravy (fat skimmed away) as the base. Make it hearty with leftover turkey and veggies. Thicken with mashed potatoes or sweet potatoes. Cook to 165°F.
- *Stack a turkey-berry wrap.* Wrap sliced turkey, spread with cranberry sauce and shredded greens in whole-wheat tortillas. Add toasted pecans if you have some.
- *Blend cranberry smoothies.* Blend cranberries with frozen yogurt and orange juice.
- *Freeze turkey stock in small amounts.* Later, thaw in the refrigerator and cook couscous, pasta, rice or soup with the stock instead of water.
- *Toss a crunchy turkey salad.* Toss cubed turkey with celery, apples and light mayo with shredded baby spinach.
- *Make a stuffing frittata.* Mix stuffing with eggs and cook through, pancake-style.