

December 2022 Lunch Specials

SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- Everything is priced a la carte
- Entrées in GREEN are Vegan or Vegetarian
- 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

Meatloaf
 Grilled Portabella
 Mashed Potatoes
 Sautéed Zucchini

Egg Salad Sandwich

2

Chicken Mole Tacos
Tempeh Mole Tacos
 Refried Beans
 Spicy Cole Slaw

Italian Sub

3

Ravioli
 Pumpkin Bread
 Roasted Cauliflower

4

Seasoned Pork Loin
 Garlic Red Potatoes
 Warm Cherry Tomato
 Salad

5

Veggie Lasagna
Vegan Pesto Pasta
 Garlic Bread
 Spinach Salad

Portabella Panini

6

Pork Lettuce Wraps
Vegan Lettuce Wraps
 Soba Noodles
 Spring Rolls

Club Sandwich

7

Flank Steak
Chickpea Patty
 Baked Potato
 Steamed Broccoli

Ham & Chz Panini

8

Gyro
Falafel Wrap
 Pita and Tzatziki
 Fattoush Salad

Quesadilla

9

Alaskan Sole
Quinoa Patty with Mango Salsa
 Wild Rice
 Steamed Broccoli

Club Sandwich

10

Chicken Shawarma
 Baba Ganoush
 Tzatziki with Pita

11

Beef Stew
 French Bread
 Sauteed Kale and
 Mushrooms

12

Shrimp Po Boy
Vegan Po Boy
 Cajun Sweet
 Potatoes
 Collard Greens

Greek Tuna Wrap

13

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

Chicken Salad

14

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

Hot Roast Beef and
 Cheddar

15

Bento Beef Salad
Tofu Bento Salad
 Soba Noodles
 Parsley Carrots

Tuna Melt

16

Baja Fish Tacos
Baja Vegan Tacos
 Refried Beans
 Spicy Cole Slaw

Philly Cheesesteak

17

Greek Turkey Burger
 Orzo Salad
 Greek Salad

18

Chef's Choice!



19

Brisket
Portabella Steak
 Latkes
 Roasted Carrots

Mushroom Quesadilla

20

Ramen Bowl
Vegan Ramen Bowl
 Veggie Pot Stickers
 Baby Bok Choy

Egg Salad Sandwich

21

Turkey Pot Pie
Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli
 Salad

BLT

22

Shepard's Pie
Vegan Shepard's Pie
 Corn Bread
 Quinoa Kale Salad

Turkey & Chz Panini

23

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

Reuben

24

Chef's Choice!



25

Holiday Ham
 Potatoes Au Gratin
 Roasted Root Veggies
 Side Salad

Festive Cookies



26

Pozole
Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Crab Cake

27

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

Buffalo Chicken
 Sandwich w/ Swiss

28

Chicken Parmesan
Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

29

Burger Bar
Vegan Burger Bar
 Pasta Salad
 Side Salad

Pulled Pork

30

Niçoise Salad
Vegan Niçoise
 French Bread
 Cup of Veggie
 Soup

Turkey Reuben

31

Chicken Cordon Bleu
 Wild Rice
 Parsley Carrots

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.

Building Muscle on a Vegetarian Diet

Contributors: Sarah Klemm, RDN, CD, LDN Published October 25, 2022



a_namenko/iStock/Thinkstock

For years, the conventional belief that ruled professional and amateur athletic training programs was that consuming meat was the only way to build muscle. Today, we know a balanced vegetarian diet that includes plant-based protein assists muscular development ... no steak required.

Well-planned vegetarian diets that meet energy needs and contain a variety of plant-based protein foods, such as soy products, beans, lentils, grains, nuts and seeds can provide adequate protein for athletes without the use of special foods or supplements. However, consideration must be made for the type of vegetarian diet an athlete follows:

- Vegan – a vegetarian diet that excludes all animal products, such as meat, poultry, fish, eggs, milk, cheese and other dairy products, and which relies on plant protein only to meet protein needs.
- Lacto-vegetarian – a vegetarian diet that excludes meat, poultry, fish and eggs but includes dairy products, like fat-free or low-fat milk, yogurt, and cheese, which are all sources of protein.
- Lacto-ovo vegetarian – a vegetarian diet that excludes meat, poultry and fish but includes eggs and dairy products, which are also sources of protein.

Athletes need to eat an appropriate amount of calories and a variety of protein foods throughout the day in order to meet their protein requirement. Amino acids make up the protein that our bodies need. Meat, eggs and dairy foods are typically the most coveted protein sources because they contain all nine essential amino acids in the ratios that humans require. Most sources of plant-based protein are lacking in at least one of the nine essential amino acids. Soy and quinoa are two exceptions. Including a variety of plant-based protein foods will ensure all of the essential amino acids are being consumed.

Eat Protein Throughout the Day

Vegetarian athletes should include a quality source of protein with meals and snacks. Here are some tips for meeting protein needs without consuming meat:

- Eat five or six small meals per day that not only include a protein food, but also a variety of fruits, vegetables, whole grains and plenty of water.
- More than half your calories each day should come from quality carbohydrates, which fuel your muscles.
- Choose heart healthy sources of fat, like olive oil, almonds, walnuts, avocados and canola oil.
- Find a registered dietitian nutritionist who can work with you to create a personalized vegetarian eating plan that meets your individual needs.