



# September 2023 Dinner Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Did you know?

- Everything is priced a la carte
- Breakfast is 7:30-10am
- Lunch is 11:30-2pm
- Dinner is 5-7pm



## A La Carte

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

1

Cobb Salad  
 Pasta Salad  
 Watermelon Radish Salad

2

Turkey Tacos  
 Refried Beans  
 Pico de Gallo & Chips

3

Shrimp Scampi  
 Warm Bread  
 Steamed Broccoli

4



BBQ Ribs  
 Potato Salad  
 Corn on the Cobb



5

Meatloaf  
 Mashed Potatoes  
 Sautéed Zucchini

6

Gyro  
 Couscous  
 Hummus & Veggies

7

Beer Battered Fish  
 Potato Salad  
 Classic Carrot Salad

8

Chicken Picatta  
 Mushroom Barley  
 Spinach Salad

9

Ham & Swiss Quiche  
 Breakfast Potatoes  
 Arugula Salad

10

Seasoned Pork Loin  
 Macaroni & Cheese  
 Creamed Spinach

11

Turkey Pot Pie  
 Cheddar Biscuit  
 Glazed Carrots

12

Spanish Paella  
 Baguette  
 Roasted Vegetables

13

Chicken Stir-Fry  
 Fried Rice  
 Baby Bok Choy

14

Piña Pork Tacos  
 Chips & Salsa  
 Black Bean Corn Salad

15

Uncured Honey Ham  
 Scalloped Potatoes  
 Asparagus

16

Chicken Sausage  
 Potato Pierogis  
 Watermelon Mint Salad

17

Sausage & Kale  
 Alfredo  
 Sweet Potato  
 House Salad

18

Lemon Pepper  
 Tilapia  
 Wild Rice  
 Parsley Carrots

19

Flank Steak  
 Baked Potato  
 Asparagus

20

Chicken Cordon  
 Bleu  
 Macaroni & Cheese  
 Roasted Broccoli

21

Pork Lettuce Wraps  
 Soba Noodles  
 Spring Rolls

22

Turkey & Quinoa  
 Stuffed Peppers  
 Zucchini Bread  
 Spinach Soufflé

23

Brisket  
 Mashed Potatoes  
 Corn on the Cobb

24

Chicken Parmesan  
 Bread Sticks  
 Green Beans

25

Shrimp Ceviche  
 Corn Bread  
 Spinach Salad

26

Burger Bar  
 Red Potato Wedges  
 Greek Salad

27

Turkey Taco Salad  
 Black Bean Salsa  
 Guacamole & Chips

28

Chicken Alfredo  
 Focaccia Bread  
 Steamed Broccoli

29

Alaskan Sole  
 Wild Rice  
 Roasted Carrots

30

Pulled Pork  
 Sandwich  
 Waffle Fries  
 Creamy Coleslaw

Aspen Valley Hospital's Vision is to be the leader in fostering the healthiest community in the nation. As the forerunner in nurturing a healthy community, we should be good stewards of our resources and the beautiful place where we live. Collectively, we can help improve the Pitkin County Landfill lifespan by creating better habits to reduce our impact on our landfill. If we all remember to reduce, reuse and recycle, we can produce less waste, keep our community healthy, and protect our environment.

# Culinary Lingo

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Braise, broil, poach, simmer — what does it all mean? Following healthful recipes is easier if you understand cooking vocabulary. Whether you are new to the kitchen or just need a refresher, understanding the basics of common cooking techniques will help you navigate through recipes and get healthy meals on the table with ease. From slicing to steaming, here's how to talk the talk in the kitchen.

## The B, C, and Ds of Cooking

- **Bake:** type of dry heat cooking — food is cooked using the hot air surrounding it, usually in an oven
- **Barbecue (grill):** type of dry heat cooking — to roast or broil food over a source of heat like charcoal or hardwood fire

- **Boil:** type of moist heat cooking — a liquid is brought to a boil and food is cooked in it
- **Braise:** to brown, then simmer slowly over low heat in a small amount of liquid in a covered pot, on the stove or in the oven
- **Broil:** to cook using a direct heat source, usually under a heating element in the oven, but it can also be done over a flame of a grill
- **Chop:** cut food into smaller pieces of no particular size or shape
- **Dice:** cut foods into uniform square pieces
- **Deep-fry:** type of dry heat cooking — cook food by submerging it in hot oil
- **Dry heat cooking:** methods that use hot air, the heat from a pan or grill, or hot fat to cook foods.

## From G to Ps & Qs

- **Grate:** to create small (fine or coarsely shredded) pieces by rubbing food against a serrated surface
- **Mince:** cut food into very small pieces
- **Moist heat cooking:** methods that use water or liquids such as broth to cook foods
- **Panbroil:** to cook uncovered in a preheated, skillet without added fat or water
- **Poach:** type of moist heat cooking — to cook gently in simmering liquid
- **Quadriller:** to make a crisscross pattern on the outside of grilled or broiled food

## R to Z

- **Roast:** type of dry heat cooking — to cook uncovered with dry heat in the oven or in a fire
- **Sauté:** type of dry heat cooking — to cook quickly in a small amount of fat
- **Simmer:** type of moist heat cooking — cooking food in a hot liquid that is bubbling but not boiling
- **Slice:** to cut through or across into slices, generally of uniform size
- **Steam:** type of moist heat cooking — to cook a food over boiling water with the steam heat, or wrapped in foil or leaf (such as banana leaves) packets over boiling water or on a grill
- **Stew:** to cook in a liquid, in a tightly covered pot over low heat
- **Stir-fry:** to cook small pieces of food over high heat, stirring continuously — generally with only a small amount of oil
- **Zest:** to scrape the outer rind of a piece of citrus fruit for flavoring

**Be in the Know** Knowing these culinary techniques can help to bring out the flavor of foods without the need to add a lot of extra ingredients or calories. The healthiest cooking methods require only a little amount of fat:

- Sautéing and stir-frying use a small amount of oil, compared with frying or deep-frying.
- Steaming helps foods retain more nutrients, since they are not soaking in water, as is the case with boiling.
- Grilling also can influence the flavor of foods, but it's important to avoid charring them, which occurs when they turn black.
- Marinating meats and vegetables prior to grilling can help add flavor and keep them moist.

And, remember that cooking all foods to the appropriate internal temperatures is important, regardless of how the food is prepared!