



September 2023 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

Spaghetti Bolognese
Vegan Bolognese
 Garlic Bread
 Side Salad

Reuben

2

Alaskan Sole
 Wild Rice
 Steamed Broccoli

3
 Chicken Stir-Fry
 Fried Rice
 Veggie Spring Rolls

4 **LABOR DAY**
 Burger Bar
Vegan Burger Bar
 Pasta Salad
 Side Salad

Chili Dog

5
 Sausage & Kale
 Alfredo
**Vegan Sausage &
 Kale Pesto Pasta**
 Sweet Potato
 Arugula Salad

Philly Cheesesteak

6
 Roasted Pork
 Shoulder
Roasted Eggplant
 Roasted Potatoes
 Collards & White
 Beans

Chicken Quesadilla

7
 Buffalo Chicken
 Salad
Vegan Buffalo Salad
 Pasta Salad
 Steamed Veggies

Turkey Reuben

8
 Brisket
Portabella Steak
 Latkes
 Roasted Carrots

Ham & Chz Panini

9
 Greek Turkey Burger
 Orzo Salad
 Greek Salad

10
 Butter Chicken & Rice
 Naan Flatbread
 Carrot-Cumin Slaw

11
 Salmon Caesar
 Salad
Vegan Caesar Salad
 Warm Bread
 Watermelon Mint
 Salad

Quesadilla

12
 Ramen Bowl
Vegan Ramen Bowl
 Veggie Pot Stickers
 Baby Bok Choy

Turkey & Chz Panini

13
 French Dip
Stuffed Squash
 Potato Wedges
 Coleslaw

Chicken Salad

14
 Roasted Chicken
Cauliflower Steak
 Biscuit
 Arugula Salad

Turkey Bacon Wrap

15
 Turkey Pot Pie
Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli
 Salad

BLT

16
 Lemon Pepper
 Tilapia
 Wild Rice
 Steamed Broccoli

17
 Chinese Beef with
 Broccoli
 Pot Stickers
 Spring Rolls

18
 Arturo's Kale Salad
**Arturo's Vegan Kale
 Salad**
 Corn Bread
 Peach & Mango
 Medley

Portabella Panini

19
 Crispy Chicken
 Sandwich
**Meatless Chik'n
 Sandwich**
 Macaroni & Cheese
 Creamed Spinach

Italian Sub

20
 Carnitas Burrito Bowl
Vegan Burrito Bowl
 Rice and Beans
 Chips & Guacamole

Buffalo Chicken Sandwich w/ Swiss

21
 Cobb Salad
Vegan Cobb
 Israeli Couscous
 Watermelon Radish
 Salad

Hot Roast Beef

22
 Steak Tacos
**Vegan Chorizo
 Tacos**
 Spanish Rice
 Chips & Salsa

Tuna Melt

23
 Shrimp Scampi
 Warm Bread
 Steamed Broccoli

24
 Meatloaf
 Mashed Potatoes
 Sautéed Zucchini

25
 Pozole
Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Egg Salad

26
 Niçoise Salad
Vegan Niçoise
 French Bread
 Gazpacho

Chicken Caesar Wrap

27
 Chicken Parmesan
Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

28
 Bento Beef Salad
Tofu Bento Salad
 Soba Noodles
 Parsley Carrots

Club Sandwich

29
 Gyro
Chickpea Falafel
 Greek Orzo
 Baba Ganoush
 with Pita

Greek Tuna Wrap

30
 Lasagna
 Garlic Bread
 Arugula Salad

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.

Summer Squash: Stuff It, Bake It, Grill It

Contributors: Esther Ellis, MS, RDN, LDN **Published:** July 22, 2022



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When it comes to summer squash, such as zucchini, patty pans and yellow crooknecks, you've got options. You can stuff it, bake it, steam it, roast it or grill it. Or even eat it raw on salads or dip pieces into hummus. Get creative cooking this vegetable and make it a fun activity to prepare with kids. With many health benefits, 1 cup of summer squash is an excellent source of vitamin C and has potassium and fiber as well. Since different varieties of squash are similar in texture, they can be swapped out for one another in recipes. Here are a few ideas about how to incorporate summer squash into your menu.

- *Grate it and bake with it.* Summer squash can be used in pancakes, muffins, breads and cakes.
- *Stuff it.* Summer squash can be stuffed with beans and lentils or used as a boat for any baked side dish.
- *Grill it.* Cut into long strips and place directly on the grill or cook smaller pieces in tin foil.

When selecting summer squash, keep in mind that young, smaller squash tend to have more flavor. Summer squash can be stored in the refrigerator for up to one week.