

November 2023 Dinner Specials

SUNDAY		MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? <ul style="list-style-type: none"> 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 Starch.....\$1.50 Vegetable.....\$1.50		1 Cobb Salad Israeli Couscous Roasted Carrot Soup	2 Gyro Couscous Hummus & Veggies	3 Meatloaf Mashed Potatoes Sautéed Zucchini	4 Chicken Picatta Mushroom Barley Spinach Salad
5 Turkey Tacos Refried Beans Pico de Gallo & Chips	6 Beer Battered Fish Potato Salad Classic Carrot Salad	7 Ham & Swiss Quiche Breakfast Potatoes Arugula Salad	8 Steak Tacos Spanish Rice Chips & Salsa	9 Chicken Sausage Potato Pierogis Watermelon Mint Salad	10 Turkey & Quinoa Stuffed Peppers Zucchini Bread Spinach Soufflé	11 Spaghetti & Meatballs Garlic Bread Green Beans	
12 BBQ Ribs Corn Bread Coleslaw	13 Cajun Jambalaya Corn Bread Creamed Spinach	14 Chinese Beef with Broccoli Pot Stickers Spring Rolls	15 Enchilada Casserole Spanish Rice Chili Lime Corn on Cobb	16 Chicken Fried Steak Scalloped Potatoes Glazed Carrots	17 Chicken Stir-Fry Fried Rice Baby Bok Choy	18 Burger Bar Red Potato Wedges Greek Salad	
19 Butter Chicken & Rice Naan Flatbread Carrot-Cumin Slaw	20 Turkey Taco Salad Black Bean Salsa Guacamole & Chips	21 Piña Pork Tacos Chips & Salsa Black Bean Corn Salad	22 Chicken Alfredo Focaccia Bread Steamed Broccoli	23 Thanksgiving Special All Day! 	24 Sausage & Kale Alfredo Sweet Potato House Salad	25 Chicken Parmesan Bread Sticks Green Beans	
26 Flank Steak Baked Potato Asparagus	27 Chicken Caesar Salad French Bread Butternut Squash Soup	28 Spanish Paella Baguette Roasted Vegetables	29 Turkey Pot Pie Cheddar Biscuit Glazed Carrots	30 Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli			

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.

Helpful Tips for Healthy Holiday Parties

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As the holidays approach, parties become numerous along with platters of rich and delicious seasonal foods. If you are hosting a gathering this holiday season and want to lighten up your offerings without sacrificing taste, you have plenty of options.

Try swapping out a few ingredients in your favorite recipes with some of these simple tips.

- Try low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as too much may change the texture of the finished product.
- For dips and sauces, try using fat-free yogurt in place of sour cream or mayonnaise.
- Try sliced or slivered almonds as a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or fat-free cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh produce including sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, fresh cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy and safe:

- Try starting your day with a small meal that includes whole grains, fruit, vegetables and some type of lean protein. Skipping meals before the event may tempt some people to overeat later.
- Socialize and settle into the festivities before seeking out the buffet.
- Savor foods you truly enjoy and pass up on those that don't really interest you.
- Move your socializing away from the buffet tables or appetizer trays. This will minimize the unconscious nibbling.

When it comes to alcohol, satisfy your thirst by drinking water first. If you are of legal age and choose to drink, moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men. Keep in mind, even a single drink may affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking.

The holidays are a great time for gathering with friends and family over food and drinks. With just a little preparation, you can enjoy celebratory foods mindfully and still experience all that the season has to offer.