

# November 2023 Lunch Specials

**MEATLESS MONDAY**

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Did you know?</b></p> <ul style="list-style-type: none"> <li>Everything is priced a la carte</li> <li>Entrées in GREEN are Vegan or Vegetarian</li> <li>Breakfast is served 7:30-10am</li> <li>Lunch is served 11:30-2pm</li> <li>Dinner is served 5-7pm</li> </ul>	<p><u>A La Carte</u></p> <p>Entrée.....\$5.98            Vegan Entrée...\$4.25            Starch.....\$1.50            Vegetable.....\$1.50</p> <p>Sandwich.....\$5.45</p>	<p>1</p> <p>Baja Fish Tacos            Baja Vegan Tacos            Refried Beans            Spicy Cole Slaw</p> <p>Chicken Caesar Wrap</p>	<p>2</p> <p>Burger Bar            Vegan Burger Bar            Pasta Salad            Side Salad</p> <p>Chili Dog</p>	<p>3</p> <p>Sausage &amp; Kale Alfredo            Vegan Sausage &amp; Kale Pesto Pasta            Sweet Potato Arugula Salad</p> <p>Philly Cheesesteak</p>	<p>4</p> <p>Shepard's Pie            Corn Bread            Quinoa Kale Salad</p>	
<p>5</p> <p>Roasted Chicken Biscuit            Arugula Salad</p>	<p>6</p> <p>Salmon Caesar Salad            Vegan Caesar Salad            Warm Bread            Watermelon Mint Salad</p> <p>Quesadilla</p>	<p>7</p> <p>Beef Stew            Vegan Stew            Warm Bread            Sauteed Kale and Mushrooms</p> <p>Turkey Bacon Wrap</p>	<p>8</p> <p>Pork Lettuce Wraps            Vegan Lettuce Wraps            Soba Noodles            Spring Rolls</p> <p>Egg Salad</p>	<p>9</p> <p>Greek Turkey Burger            Greek Portabella Burger            Orzo Salad            Greek Salad</p> <p>Ham &amp; Chz Panini</p>	<p>10</p> <p>Crispy Chicken Sandwich            Meatless Chik'n Sandwich            Macaroni &amp; Cheese            Creamed Spinach</p> <p>Italian Sub</p>	<p>11</p> <p>Pulled Pork on Bun            Jalapeño Cornbread            Cole Slaw</p>
<p>12</p> <p>Lemon Caper Chicken            Steamed Rice            Green Beans</p>	<p>13</p> <p>Shrimp Po Boy            Vegan Po Boy            Cajun Sweet Potatoes            Collard Greens</p> <p>Greek Tuna Wrap</p>	<p>14</p> <p>Chicken Parmesan            Eggplant Parmesan            Garlic Bread            Green Beans</p> <p>Meatball Sub</p>	<p>15</p> <p>French Dip            Stuffed Squash            Potato Wedges            Coleslaw</p> <p>Chicken Salad</p>	<p>16</p> <p>Carnitas Burrito Bowl            Vegan Burrito Bowl            Rice and Beans            Chips &amp; Guacamole</p> <p>Buffalo Chicken Sandwich w/ Swiss</p> <p>Turkey &amp; Chz Panini</p>	<p>17</p> <p>Ramen Bowl            Vegan Ramen Bowl            Veggie Pot Stickers            Baby Bok Choy</p>	<p>18</p> <p>Kielbasa            Scalloped Potatoes            Roasted Broccoli</p>
<p>19</p> <p>Butter Chicken &amp; Rice            Naan Flatbread            Carrot-Cumin Slaw</p>	<p>20</p> <p>Arturo's Kale Salad            Arturo's Vegan Kale Salad            Corn Bread            Tomato Basil Soup</p> <p>Portabella Panini</p>	<p>21</p> <p>Bento Beef Salad            Tofu Bento Salad            Soba Noodles            Parsley Carrots</p> <p>Club Sandwich</p>	<p>22</p> <p>Gyro            Chickpea Falafel            Greek Orzo            Baba Ganoush with Pita</p> <p>Greek Tuna Wrap</p>	<p>23</p> <p>Thanksgiving Special All Day!</p> 	<p>24</p> <p>Lemon Pepper Tilapia            Quinoa Patty            Wild Rice            Steamed Broccoli</p> <p>Turkey Reuben</p>	<p>25</p> <p>Niçoise Salad            French Bread            Tomato Soup</p>
<p>26</p> <p>Ham &amp; Swiss Quiche            Breakfast Potatoes            Arugula Salad</p>	<p>27</p> <p>Pozole            Vegan Pozole            Chips and Salsa            Jicama Slaw</p> <p>Crab Cake</p>	<p>28</p> <p>Turkey Pot Pie            Vegan Pot Pie            Cheddar Biscuit            Vegan Broccoli Salad</p> <p>BLT</p>	<p>29</p> <p>Cobb Salad            Vegan Cobb            Israeli Couscous            Watermelon Radish Salad</p> <p>Reuben</p>	<p>30</p> <p>Chinese Beef with Broccoli            Tofu with Broccoli            Pot Stickers            Spring Rolls</p> <p>Hot Roast Beef</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 (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.

# 9 Fall Produce Picks to Add to Your Plate

**Contributors:** Holly Larson, MS, RD **Reviewed:** September 19, 2023



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The sun is setting sooner, the nights are getting cooler and wool socks are starting to sound like a good idea. This is the perfect time to celebrate the seasonal produce gems of autumn! Head to your local market and fill your basket with these fall produce picks.

**Pumpkin** Pumpkin is full of dietary fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.

**Beets** Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are a source of naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

**Sweet Potato** Sweet potatoes are full of dietary fiber and vitamin A. They also are a good source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

**Spaghetti Squash** Spaghetti squash is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut one in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear! Voilà! Toss with pesto or marinara sauce for a quick veggie side dish.

**Kale** We can't get enough of this luscious leafy green and with good reason: Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January. One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K, as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add dressing ahead of time; kale becomes more tender and delicious, not wilted.

**Pears** When we can buy fruits year-round, we tend to forget they have seasons. Pears are the most delicious in the fall when they're at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. There are a wide range of pear flavors and textures. And, just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached in red wine, tucked into a panini, pureed into soup or a smoothie, or simply sliced with cheese. If you eat the peel too, one medium pear has 6 grams of dietary fiber.

**Okra** Okra commonly is fried, but also is wonderful in other forms. Around the world, chefs cherish the thickening properties of the seed pods in dishes from Louisiana gumbo to Indian curries and other stews. If you wish to minimize the thickening property, try okra briefly stir-fried. The pods are high in vitamins K and C, a good source of fiber, an excellent source of folate and low in calories. At the market, look for pods that are no longer than 4 inches and are bright green in color and firm to the touch.

**Parsnips** Parsnips are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of dietary fiber (3 grams) and contains more than 10% of the daily values of vitamin C and folate. Try these pale beauties roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes!