



May 2024 Dinner Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- 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

Meatloaf
 Mashed Potatoes
 Sautéed Zucchini

2

BBQ Ribs
 Corn Bread
 Coleslaw

3

Turkey & Quinoa
 Stuffed Peppers
 Garlic Bread
 Spinach Soufflé

4

Lemon Caper
 Chicken
 Steamed Rice
 Green Beans

5

Beef Fajitas
 Black Beans
 Sautéed Peppers

6

Alaskan Sole
 Lemon Orzo
 Steamed Broccoli

7

Beef Stew
 Warm Bread
 Sautéed Kale and
 Mushrooms

8

Turkey Tacos
 Spanish Rice
 Pico de Gallo & Chips

9

Sausage & Kale
 Alfredo
 Sweet Potato
 House Salad

10

Chicken Stir-Fry
 Fried Rice
 Baby Bok Choy

11

Flank Steak
 Baked Potato
 Asparagus

12 *Mother's Day*

Honey Baked Ham
 Macaroni & Cheese
 Green Beans



13

Tuna Avocado Boats
 Toasted Croissant
 Arugula Salad

14

Kielbasa w/ Peppers
 & Sauerkraut
 Potato Pierogis
 Green Beans

15

Burger Bar
 Red Potato Wedges
 Greek Salad

16

Turkey Picatta
 Mushroom Barley
 Parmesan Broccoli

17

Cobb Salad
 Quinoa Salad
 Gazpacho

18

Turkey Chili Bar
 Corn Bread
 Sautéed Zucchini

19

Chicken Alfredo
 Focaccia Bread
 Steamed Broccoli

20

Wild Atlantic Cod
 Potato Salad
 Coleslaw

21

Gyro
 Couscous
 Hummus & Veggies

22

Chicken Cordon
 Bleu
 Macaroni & Cheese
 Roasted Broccoli

23

Piña Pork Tacos
 Chips & Salsa
 Black Bean Corn
 Salad

24

Turkey Pot Pie
 Cheddar Biscuit
 Glazed Carrots

25

Ham & Swiss Quiche
 Breakfast Potatoes
 Arugula Salad

26

Chicken Fried
 Steak
 Scalloped Potatoes
 Roasted Brussel
 Sprouts

27

Stuffed Shells
 Garlic Bread
 Chopped Spinach

28

Chicken Parmesan
 Bread Sticks
 Green Beans

29

Cajun Jambalaya
 Corn Bread
 Creamed Spinach

30

Steak Tacos
 Spanish Rice
 Chips & Salsa

31

Beer Battered Cod
 Macaroni Salad
 Classic Carrot
 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.

Spring into Action

Contributors: Sarah Klemm, RDN, CD, LDN **Reviewed:** February 19, 2024



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During springtime, the days get longer and the temperatures start rising. In addition to all the wonderful fruits and vegetables spring provides, warmer weather gives us the chance to get outside and enjoy the benefits of physical activity.

Along with a balanced eating plan, physical activity is important both for losing or maintaining weight and supporting your overall health. The 2018 Physical Activity Guidelines for Americans recommend adults engage in a minimum of 2½ to 5 hours each week of moderate-intensity aerobic activity or 75 to 150 minutes of vigorous-intensity activity a week.

With planning, you can easily fit 30 to 60 minutes of aerobic activity into your routine most days of the week to meet these goals.

Examples of moderate-intensity aerobic activities include:

- Walking (about 3½ miles per hour)
- Water aerobics
- Bicycling (less than 10 mph)
- Tennis (doubles)
- Ballroom dancing
- General yard work

Examples of vigorous-intensity activities include:

- Race-walking (4½ mph)
- Jogging, running (5 mph or faster)
- Swimming laps
- Bicycling (faster than 10 mph)
- Tennis (singles)
- Aerobics

To increase your levels of aerobic activity, first decide which activities you enjoy and look at your daily schedule to see where you can fit in these activities. If you're starting from little or no daily physical activity, check with your physician before starting a new routine.

And don't forget about strength-building exercises! Adults should do muscle-strengthening activities that involve all major muscle groups at least twice a week. Examples include lifting weights, resistance training and heavy gardening or yardwork.

As you develop your physical activity plan, remember nutrition is fundamental to your peak physical performance. To put in your best effort, you need a balanced eating pattern including carbohydrates, proteins, fats, vitamins, minerals and water. If you're highly active, you may need slightly more nutrients. Whatever your level of activity, maximize your performance by consuming a variety of foods and adequate calories. Consider working with a registered dietitian nutritionist to help design a nutrition plan that supports your active lifestyle.