



# May 2024 Lunch Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Did you know?

- Everything is priced a la carte
- Entrées in GREEN are Vegan or Vegetarian
- 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

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

Philly Cheesesteak

2

Butter Chicken & Rice  
 Vegan Curry & Rice  
 Naan Flatbread  
 Carrot-Cumin Slaw

Hot Roast Beef

3

Shrimp Ceviche  
 Quinoa Patty with Mango Salsa  
 Oat Muffin  
 Spinach Salad

Turkey Reuben

4

Shepard's Pie  
 Corn Bread  
 Quinoa Kale Salad

5

Enchilada Casserole  
 Spanish Rice  
 Sautéed Spinach

6

Turkey Taco Salad  
 Vegan Taco Salad  
 Spanish Rice  
 Guacamole & Chips

Veggie Quesadilla

7

Chicken Parnesan  
 Eggplant Parnesan  
 Garlic Bread  
 Green Beans

Meatball Sub

8

Gyro  
 Chickpea Falafel  
 Greek Orzo  
 Baba Ganoush with Pita

Turkey & Chz Panini

9

French Dip  
 Vegan Mushroom  
 French Dip  
 Potato Wedges  
 Coleslaw

Club Sandwich

10

Niçoise Salad  
 Vegan Niçoise  
 French Bread  
 Gazpacho

Crab Cake

11

Pork Lettuce Wraps  
 Fried Rice  
 Spring Rolls

12 *Mother's Day*

Honey Baked Ham  
 Scalloped Potatoes  
 Green Beans



13

### Hospital Week Lunch

Hickory House BBQ  
 Black Bean Burgers  
 Cheesy Potatoes  
 Baked Beans  
 Cornbread Muffins  
 Coleslaw

14

Cobb Salad  
 Vegan Cobb  
 Quinoa & Rice  
 Cup of Pea Soup

Reuben

15

Flank Steak  
 Portabella Steak  
 Baked Potato  
 Roasted Beets

Ham & Chz Panini

16

### Hospital Week Lunch

Taco Bar  
 Vegan Taco Bar  
 Rice and Beans  
 Chips and Salsa  
 All the Fixings

17

Meatloaf  
 Quinoa Patty  
 Mashed Potatoes  
 Sautéed Zucchini

Egg Salad Sandwich

18

Lemon Caper Chicken  
 Steamed Rice  
 Green Beans

19

Pork Tamales  
 Rice & Beans  
 Mexican Street Corn

20

Arturo's Kale Salad  
 Arturo's Vegan Kale Salad  
 Corn Bread  
 Tomato Basil Soup

Portabella Panini

21

Chinese Beef with Broccoli  
 Vegan Stir Fry  
 Pot Stickers  
 Sauteed Mushrooms w/ Sesame & Ginger

Chicken Caesar Wrap

22

Turkey Pot Pie  
 Vegan Pot Pie  
 Cheddar Biscuit  
 Vegan Broccoli Salad

Greek Tuna Wrap

23

Salmon Caesar Salad  
 Vegan Caesar Salad  
 Warm Bread  
 Watermelon Mint Salad

BLT

24

Burger Bar  
 Vegan Burger Bar  
 Pasta Salad  
 Side Salad

Chili Dog

25

Ramen Bowl  
 Veggie Pot Stickers  
 Baby Bok Choy

26

BBQ Chicken  
 Pasta Salad  
 Corn on the Cobb

27

Pozole  
 Vegan Pozole  
 Chips and Salsa  
 Jicama Slaw

Mushroom Quesadilla

28

Bento Beef Salad  
 Tofu Bento Salad  
 Soba Noodles  
 Peas & Carrots

Club Sandwich

29

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

Buffalo Chicken Sandwich

30

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

Italian Sub

31

Greek Turkey Burger  
 Greek Portabella Burger  
 Orzo Salad  
 Greek Salad

Turkey Bacon Wrap



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.

# Animal Welfare: The Five Freedoms

**Contributors:** Marissa Thiry, MS, RD **Published:** March 05, 2024



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Many animals in the wild have primal instincts such as hunting or foraging for their own food, finding or building their own shelter and bonding with other animals. When animals interact with humans and are no longer in their natural environment, they may lose some of these primal instincts. Therefore, it's important that humans provide animals with necessary elements such as food, water and shelter for protection.

**Five Freedoms of Animal Welfare** The concept of the Five Freedoms began when the British government appointed a committee to uncover more about the welfare of farm animals. In December 1965, the committee published a technical report known as the Brambell Report, which said that animals should be able to “stand up, lie down, turn around, groom themselves and stretch their limbs.” This concept was later refined by the Farm Animal Welfare Committee (now the Animal Welfare Council) in the United Kingdom to form the Five Freedoms as they are known today.

The Five Freedoms are a guiding set of animal welfare principles that outline key freedoms that all animals, including those raised for food, should experience in their life. Recognized by many people and groups throughout the world, the Five Freedoms are considered the gold standard approach to protect the mental and physical well-being of farm animals by minimizing negative experiences and states, occasionally with slight modifications. According to the United Kingdom’s Animal Welfare Committee (formerly the Farm Animal Welfare Council), the Five Freedoms are:

1. **Freedom from hunger or thirst** by ready access to water and a diet to maintain full health and vigour.
2. **Freedom from discomfort**, by providing an appropriate environment.
3. **Freedom from pain, injury or disease**, by prevention or rapid diagnosis and treatment.
4. **Freedom to express normal behavior**, by providing sufficient space, proper facilities and appropriate company of the animal’s own kind.
5. **Freedom from fear and distress**, by ensuring conditions and treatment, which avoid mental suffering.

## How the Five Freedoms Impact Sustainability of Food Systems

Today, principles behind the Five Freedoms are used globally by various people across food systems — including farmers and ranchers — in the development of animal welfare protocols and practices and to shape how animals are raised for food. For example, the Five Freedoms have been referenced in policies and have influenced accreditation programs and legislation with specific requirements, such as clear minimum space standards for farm animals to lie down or standards for veterinary care for sick animals.

Accreditation programs offer a third-party certification to indicate humane animal welfare standards. Many programs in the United States, such as American Humane Certified, Certified Humane®, and the Beef Quality Assurance program, incorporate the Five Freedoms in their certification standards. Most food companies that leverage these certification programs include the certification logo on their packaging, menu or website to inform shoppers of their humane animal welfare practices.

**Going Beyond the Five Freedoms** As science and understanding of animals continue to evolve, some experts suggest the Five Freedoms should be replaced with guiding principles that not only prevent negative experiences, but also promote positive experiences, giving all animals a life worth living. The Five Freedoms outline the minimum acceptable standards for animals, and this proposed approach would continue to improve their quality of life. However, it would have implications for food systems including resources, costs, labor and more. Food systems will need to adapt to meet evolving animal welfare needs in the future.