



# August 2024 Dinner 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  
 Starch.....\$1.50  
 Vegetable.....\$1.50

1  
 Meatloaf  
 Mashed Potatoes  
 Sautéed Zucchini

2  
 Cobb Salad  
 Quinoa Salad  
 Gazpacho

3  
 Turkey Tacos  
 Spanish Rice  
 Pico de Gallo & Chips

4  
 Flank Steak  
 Baked Potato  
 Asparagus

5  
 Chicken Mole Tacos  
 Refried Beans  
 Spicy Cole Slaw

6  
 Ham & Swiss Quiche  
 Breakfast Potatoes  
 Arugula Salad

7  
 Beef Stew  
 Warm Bread  
 Sautéed Kale and  
 Mushrooms

8  
 Chicken Alfredo  
 Focaccia Bread  
 Steamed Broccoli

9  
 BBQ Ribs  
 Corn Bread  
 Coleslaw

10  
 Sausage & Kale  
 Alfredo  
 Sweet Potato  
 House Salad

11  
 Gyro  
 Couscous  
 Hummus & Veggies

12  
 Alaskan Sole  
 Lemon Orzo  
 Roasted Carrots

13  
 Turkey & Quinoa  
 Stuffed Peppers  
 Garlic Bread  
 Spinach Soufflé

14  
 Chicken Cordon  
 Bleu  
 Macaroni & Cheese  
 Roasted Broccoli

15  
 Beef Fajitas  
 Black Beans  
 Sautéed Peppers

16  
 Turkey Pot Pie  
 Cheddar Biscuit  
 Glazed Carrots

17  
 Honey Baked Ham  
 Macaroni & Cheese  
 Green Beans

18  
 Chicken Fried  
 Steak  
 Scalloped Potatoes  
 Roasted Brussel  
 Sprouts

19  
 Lemon Caper  
 Chicken  
 Steamed Rice  
 Green Beans

20  
 Piña Pork Tacos  
 Chips & Salsa  
 Black Bean Corn  
 Salad

21  
 Shrimp Scampi  
 Warm Bread  
 Steamed Broccoli

22  
 Steak Tacos  
 Spanish Rice  
 Chips & Salsa

23  
 Chicken Stir-Fry  
 Fried Rice  
 Stir Fried Veggies

24  
 Turkey Picatta  
 Mushroom Barley  
 Green Beans

25  
 BBQ Pulled Pork  
 Sandwich  
 Macaroni Salad  
 Creamy Coleslaw

26  
 Tuna Avocado Boats  
 Toasted Croissant  
 Arugula Salad

27  
 Cajun Jambalaya  
 Corn Bread  
 Collard Greens

28  
 Chicken Parmesan  
 Garlic Bread  
 Green Beans

29  
 Burger Bar  
 Red Potato Wedges  
 Greek Salad

30  
 Grilled Chicken  
 Caesar Salad  
 Bread Stick  
 Avocado Half

31  
 Pesto Salmon  
 Israeli Couscous  
 Warm Cherry  
 Tomatoes & Basil

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.

# Start a Container Garden with Your Family

By Andrea Johnson, RD, CSP, LDN Published April 18, 2018



FlairImages/iStock/Thinkstock

If you want to eat local, know where your food is coming from, save money and reap healthy rewards, start a home garden. There's a harvest of benefits when you involve kids in the process, too. Research shows children living in a home with a garden eat significantly more vegetables than those without access to a home garden.

## A Fun Alternative

Does the space you have available at home limit your ability to garden? Or, are you worried about poor soil quality and neighborhood regulations? No worries, you can still plant a container garden! Container gardening is a great way to connect kids to where their food comes from. And, eating what you grow is a fun and wonderful experience for the whole family.

## Choosing a Container

Barrels and buckets work well and some people even use things such as wheelbarrows for containers. Hanging baskets are good options for small spaces. Clay pots can work for plants that don't need much soil. Match the size of the containers to the depth and amount of soil needed for the plants you want to grow, using seed packets as references. Before using a wood container, get advice from a local hardware store about safe types to use, as some old woods might have harmful chemicals. Similarly, avoid using containers that previously held toxic materials.

Finding a container with adequate drainage is key. If your container doesn't have holes in it, make a few half-inch holes near the bottom to allow water to run out. This will keep plant roots from rotting. To protect surfaces, you can put a saucer under the container to catch water — be sure to empty it regularly.

## Planting the Crops

Start with a mixed blend of soil for best results, and then let your child dream of the colorful possibilities! Consider starting with something easy to grow — such as sugar snap peas or sweet cherry tomatoes. Or try any vegetable that your child is interested in growing. Seed packets will tell you the best times to plant different crops. You can start seedlings inside and transplant them to outdoor containers at the right time. Or, put starter plants from a greenhouse in your container.

## Caring for Your Garden

When grown in containers, plants need food in the form of commercial fertilizer or compost materials. Ask the experts at your local garden center or agricultural extension program about the best options for your garden. Container plants also need water often — up to twice per day in hot weather. Pinch off dry leaves and buds to make room for healthy new ones to thrive.

Then, when harvest time comes, celebrate by taking a bite of your delicious produce!