



# August 2024 Lunch 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  
**Vegan Entrée \$4.25**  
 Starch.....\$1.50  
 Vegetable...\$1.50

**Sandwich...\$5.45**

1

Turkey Taco Salad  
**Vegan Taco Salad**  
 Spanish Rice  
 Guacamole & Chips

Philly Cheesesteak

2

French Dip  
**Vegan Mushroom**  
**French Dip**  
 Potato Wedges  
 Coleslaw

Club Sandwich

3

Shrimp Ceviche  
 Oat Muffin  
 Spinach Salad

4

Polish Kielbasa  
 Potato Pierogies  
 Sautéed Peppers &  
 Sauerkraut

5

Tuna Avocado  
 Boats  
**Vegan Avocado**  
**Boats**  
 Toasted Croissant  
 Watermelon Salad  
 Egg Salad Sandwich

6

Sausage & Kale  
 Alfredo  
**Vegan Sausage &**  
**Kale Pesto Pasta**  
 Sweet Potato  
 Arugula Salad  
 Turkey Reuben

7

Chicken Parmesan  
**Eggplant Parmesan**  
 Garlic Bread  
 Garlic Parmesan  
 Cauliflower  
 Meatball Sub

8

Steak Tacos  
**Vegan Chorizo**  
**Tacos**  
 Spanish Rice  
 Chips & Salsa  
 Ham & Chz Panini

9

Gyro  
**Chickpea Falafel**  
 Greek Orzo  
 Baba Ganoush  
 with Pita  
 Turkey & Chz Panini

10

Enchilada Casserole  
 Spanish Rice  
 Sautéed Spinach

11

Ham & Swiss Quiche  
 Breakfast Potatoes  
 Arugula Salad

12

Cobb Salad  
**Vegan Cobb**  
 Quinoa & Rice  
 Pasta Salad  
 Greek Tuna Wrap

13

Butter Chicken & Rice  
**Vegan Curry & Rice**  
 Naan Flatbread  
 Carrot-Cumin Slaw  
 Hot Roast Beef

14

Chinese Beef with  
 Broccoli  
**Tofu and Broccoli**  
 Pot Stickers  
 Sautéed Mushrooms  
 w/ Sesame & Ginger  
 Tuna Melt

15

Turkey Pot Pie  
**Vegan Pot Pie**  
 Cheddar Biscuit  
 Roasted Carrots  
 Reuben

16

Salmon Caesar  
 Salad  
**Vegan Caesar Salad**  
 Warm Bread  
 Watermelon Mint  
 Salad  
 BLT

17

Meatloaf  
 Mashed Potatoes  
 Sautéed Zucchini

18

Shepard's Pie  
 Corn Bread  
 Quinoa Kale Salad

19

Arturo's Kale Salad  
**Arturo's Vegan Kale**  
**Salad**  
 Corn Bread  
 Tomato Basil Soup  
 Portabella Panini

20

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

21

Bento Beef Salad  
**Tofu Bento Salad**  
 Soba Noodles  
 Peas & Carrots  
 Club Sandwich

22

Shrimp Fajitas  
**Vegan Fajitas**  
 Refried Beans  
 Sautéed Peppers &  
 Onions  
 Chili Dog

23

Carnitas Burrito Bowl  
**Vegan Burrito Bowl**  
 Rice and Beans  
 Chips & Guacamole  
 Buffalo Chicken  
 Sandwich

24

Flank Steak  
 Baked Potato  
 Roasted Broccoli

25

Lemon Caper  
 Chicken  
 Steamed Rice  
 Green Beans

26

Pozole  
**Vegan Pozole**  
 Chips and Salsa  
 Jicama Slaw  
 Mushroom Quesadilla

27

Greek Turkey Burger  
**Greek Portabella**  
**Burger**  
 Orzo Salad  
 Greek Salad  
 Turkey Bacon Wrap

28

Niçoise Salad  
**Vegan Niçoise**  
 French Bread  
 Gazpacho  
 Crab Cake

29

Pork Lettuce Wraps  
**Vegan Lettuce**  
**Wraps**  
 Fried Rice  
 Spring Rolls  
 Turkey Avocado  
 Wrap

30

Burger Bar  
**Vegan Burger Bar**  
 Pasta Salad  
 Side Salad  
 Pulled Pork

31

BBQ Chicken  
 Pasta Salad  
 Corn on the Cobb

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.

# What is a Sustainable Food System?

**Contributors:** Marissa Thiry, MS, RD **Published:** February 24, 2023



Zoran Zeremski/iStock / Getty Images Plus

The effects of climate change impact the health of people and the environment. To minimize the impact and feed a growing population, which is estimated to reach 9.7 billion by 2050, food systems are incorporating more sustainable practices including reducing food waste & conserving resources.

**Sustainable food systems** A “food system” is a broad term that describes anything involved in the production, distribution & consumption of food. This includes growing, raising, harvesting, processing, distributing, ensuring safety, eating & even discarding of food. It also includes the connection of these processes and the people and resources that contribute to and are impacted by the food system.

The sustainability of a food system impacts everyone. Food systems shape what foods are available for people to eat, how easy they are to get and how much they cost. A “sustainable food system” provides nutrition and food security for everyone without compromising the well-being of people or the planet now and in the future. While the topic of sustainability grows and the definition evolves, most experts agree that sustainable food systems address three key factors: economic, environmental and social. The key factors of a sustainable food system impact us in different ways. The economic, or financial, goal of a sustainable food system is to benefit everyone involved in the system. This includes providing livable wages for food system employees, tax profits for governments, profits for the businesses involved in the food system and safe, nutritious, affordable and available food for all. The social aspect of a sustainable food system involves fairness and equity for all participants, including vulnerable and underrepresented groups. This means promoting good health among workers, respecting cultural traditions, providing a safe work environment and animal well-being. The environmental goal of a sustainable food system is to achieve a neutral or positive effect on the natural environment. This includes retaining biodiversity (which refers to the variety of species in our food supply and environment), limiting water use, prioritizing the health of animals and plants, minimizing food loss and waste and cutting down the amount of carbon in the atmosphere that contributes to climate change.

**Balancing all factors** When developing sustainable food systems, economic, social and environmental impacts must be considered — as well as potential unintended outcomes. For example, improvements in technology may increase profits for investors (an economic benefit) and efficiencies in production but may result in job loss for farm workers. Alternatively, implementing new animal well-being practices at a farm would have social and environmental benefits but may require additional costs or labor, which impacts the economic aspect of the food system.

**How you can help** Developing sustainable food systems requires action from all people involved. While individual efforts like recycling and reducing food waste are important, fundamental changes to the way food is produced, distributed and eaten, as well as changes to policies and infrastructure, also are needed to make lasting change.

Here are two ways you can help:

- **Education.** Learn about recycling programs and other opportunities to conserve resources in your community. If applicable, advocate for sustainability at your workplace by sharing your knowledge with others and proposing impactful changes such as placing recycling and composting bins in cafeterias and break areas.
- **Action.** Taking steps to reduce food waste, such as meal planning before grocery shopping, embracing leftovers and composting are great ways to do your part in your own kitchen. Consider supporting and purchasing from food brands that incorporate sustainable practices into their production and distribution. Most companies have this information available on their website.

Together, individual actions in addition to large-scale changes at the local, state, federal and global levels can create a sustainable food system.