

November 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

Sausage & Kale
Alfredo
Sweet Potato
House Salad

2

Lasagna
Garlic Bread
Creamed Spinach

3

Turkey Tacos
Spanish Rice
Pico de Gallo & Chips

4

Chicken Picatta
Mushroom Barley
Green Beans

5

Meatloaf
Mashed Potatoes
Roasted Carrots

6

Shrimp Scampi
Warm Bread
Sautéed Zucchini

7

Flank Steak
Baked Potato
Asparagus

8

BBQ Ribs
Corn Bread
Coleslaw

9

Chicken Alfredo
Focaccia Bread
Steamed Broccoli

10

Gyro
Couscous
Hummus & Veggies

11

Baja Fish Tacos
Refried Beans
Spicy Cole Slaw

12

Cobb Salad
Quinoa Salad
Gazpacho

13

Ham & Swiss Quiche
Breakfast Potatoes
Arugula Salad

14

Chicken Fried
Steak
Scalloped Potatoes
Roasted Brussel
Sprouts

15

Lemon Caper
Chicken
Steamed Rice
Green Beans

16

Turkey Pot Pie
Cheddar Biscuit
Glazed Carrots

17

Chinese Beef with
Broccoli
Pot Stickers
Sautéed Mushrooms
w/ Sesame & Ginger

18

Beer Battered Cod
Macaroni Salad
Classic Carrot
Salad

19

Steak Tacos
Spanish Rice
Chips & Salsa

20

Chicken Parmesan
Garlic Bread
Roasted Cauliflower

21

Turkey & Quinoa
Stuffed Peppers
Mashed Potatoes
Spinach Soufflé

22

Honey Baked Ham
Macaroni & Cheese
Green Beans

23

Burger Bar
Red Potato Wedges
Greek Salad

24

Chicken Cordon
Bleu
Macaroni & Cheese
Roasted Brussel
Sprouts

25

Shrimp Ceviche
Black Bean & Corn
Salad
Side of Guacamole

26

BBQ Pulled Pork
Sandwich
Macaroni Salad
Creamy Coleslaw

27

Autumn Chili in a
Bread Bowl
Apple Crisp
Spaghetti Squash

28

Thanksgiving
Special All Day!



29

Grilled Chicken
Caesar Salad
Bread Stick
Roasted Carrot
Soup

30

Shepard's Pie
Corn Bread
Quinoa Kale 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.

9 Fall Produce Picks to Add to Your Plate

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



romrodinka/iStock/Thinkstock

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!