

November 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

Pork Tamales
Vegan Zucchini Tamales
 Refried Beans
 Guacamole & Chips

Philly Cheesesteak

2

Beef Barbacoa
 Tacos
 Spanish Rice
 Chips & Guacamole

3	4	5	6	7	8	9
Lemon Caper Chicken Steamed Rice Green Beans	Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower Egg Salad Sandwich	Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef	Beef Stew Vegan Stew Warm Bread Sauteed Kale and Mushrooms Turkey Bacon Wrap	Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Turkey & Chz Panini	Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Chicken Caesar Wrap	Polish Kielbasa Potato Pierogies & Sautéed Peppers & Sauerkraut
10	11	12	13	14	15	16
Enchilada Casserole Spanish Rice Sautéed Spinach	Veggie Lasagna Vegan Pesto Pasta Garlic Bread Spinach Salad Greek Tuna Wrap	Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad BLT	French Dip Quinoa Patty with Mango Salsa Potato Wedges Coleslaw Reuben	Chicken Parmesan Eggplant Parmesan Garlic Bread Garlic Parmesan Cauliflower Meatball Sub	Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Carrots Ham & Chz Panini	Niçoise Salad French Bread Gazpacho
17	18	19	20	21	22	23
Spaghetti Bolognese Garlic Bread Side Salad	Arturo's Kale Salad Arturo's Vegan Kale Salad Corn Bread Tomato Basil Soup Portabella Panini	Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Turkey Reuben	Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	Meatloaf Mashed Potatoes Sautéed Zucchini
24	25	26	27	28	29	30
Turkey Chili in a Bread Bowl Spaghetti Squash Apple Crisp	Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	Oven Fried Chicken Chickpea Patty with Mango Salsa Baked Beans Corn on the Cobb Turkey Avocado Wrap	Thanksgiving Special All Day! 	Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Turkey Reuben	Turkey Pot Pie Cheddar Biscuit Roasted Carrots

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.

Helpful Tips for Healthy Holiday Parties

Contributors: Sarah Klemm, RDN, CD, LDN **Published:** December 06, 2019 **Reviewed:** October 21, 2021



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As the holidays approach, parties become numerous along with platters of rich and delicious seasonal foods. If you are hosting a gathering this holiday season and want to lighten up your offerings without sacrificing taste, you have plenty of options.

Try swapping out a few ingredients in your favorite recipes with some of these simple tips.

- Try low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on butter or margarine.
- Substitute applesauce for oil, margarine or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as too much may change the texture of the finished product.
- For dips and sauces, try using fat-free yogurt in place of sour cream or mayonnaise.
- Try sliced or slivered almonds as a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or fat-free cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh produce including sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, fresh cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy and safe:

- Try starting your day with a small meal that includes whole grains, fruit, vegetables and some type of lean protein. Skipping meals before the event may tempt some people to overeat later.
- Socialize and settle into the festivities before seeking out the buffet.
- Savor foods you truly enjoy and pass up on those that don't really interest you.
- Move your socializing away from the buffet tables or appetizer trays. This will minimize the unconscious nibbling.

When it comes to alcohol, satisfy your thirst by drinking water first. If you are of legal age and choose to drink, moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men. Keep in mind, even a single drink may affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking.

The holidays are a great time for gathering with friends and family over food and drinks. With just a little preparation, you can enjoy celebratory foods mindfully and still experience all that the season has to offer.