

January 2025 Dinner Specials

SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		A La Carte Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50	1  Cornish Hen Scalloped Potatoes Rainbow Veg Blend	2 Brisket Latkes Hummus & Veggies 	3 Cajun Jambalaya Corn Bread Collard Greens	4 Chef's Choice! 
		5 Lasagna Garlic Bread Creamed Spinach	6 Shrimp Scampi Warm Bread Sautéed Kale & Mushrooms	7 Chicken Picatta Mushroom Barley Sautéed Zucchini	8 Beef Stroganoff Dinner Rolls Glazed Carrots	9 Ham & Swiss Quiche Breakfast Potatoes Arugula Salad
12 Pork Tamales Refried Beans Guacamole & Chips	13 Chicken Cordon Bleu Brown Rice Asparagus	14 Spanish Paella Toasted Baguette Roasted Vegetables	15 BBQ Ribs Potato Salad Corn on the Cobb	16 Lemon Caper Chicken Steamed Rice Green Beans	17 Spaghetti Bolognese Garlic Bread Side Salad	18 Gyro Couscous Hummus & Veggies
19 Chicken Fried Steak Scalloped Potatoes Roasted Brussel Sprouts	20 Cajun Jambalaya Corn Bread Collard Greens 	21 Ramen Bowl Veggie Pot Stickers Baby Bok Choy	22 Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw	23 Baja Fish Tacos Refried Beans Spicy Cole Slaw	24 Chicken Sausage Potato Pierogis Coleslaw	25 Flank Steak Baked Potato Steamed Broccoli
26 Chef's Choice! 	27 Beer Battered Cod Macaroni Salad Classic Carrot Salad	28 Pulled Pork Nachos Spanish Rice Guacamole	29 Chicken Stir-Fry Pot Stickers Baby Bok Choy 	30 Shrimp Alfredo Focaccia Bread Steamed Broccoli	31 Carnitas Burrito Bowl Rice and Beans Chips & Guacamole	

Aspen Valley Hospital envisions that our community could be the healthiest in the nation. Honor your nutritional health by eating a variety of colorful fruits and vegetables. Enjoy our **Rainbow** Wednesday Lunch Specials plus, build your own **Rainbow** salad any day at our salad bar.

Holiday Food Traditions Around the World

December 16, 2024 – source: <https://masnaped.org/healthy-foods/holiday-food-traditions-around-the-world/>

December and January are jam-packed with holidays. The end of the calendar year brings about a sense of reflection and eagerness for a new year. Whatever holiday you celebrate, there is a good chance you have your own unique family or cultural traditions. Our own friends and neighbors may all be celebrating at different times and in different ways. Learning more about these traditions can help you feel more connected with those neighbors—you may even feel inspired to learn a new recipe to incorporate in your holiday traditions.



Christmas and Three Kings Day

Folks across Massachusetts will celebrate Christmas this December, but many Latin American households also celebrate [Three Kings Day](#), or [Día de los Reyes](#). This happens almost two weeks after Christmas, and is known throughout many Christian homes worldwide. Some families in Mexico may bake a special sweet dough and form it into a wreath to celebrate. Others, like those in Brazil, make bread pudding to celebrate. Try this [bread pudding](#) if you choose to celebrate in January. And if you are still looking for inspiration for your [Christmas dinner](#), try these [maple sweet potatoes](#) or this [brown rice pilaf](#).

Hanukkah

[Hanukkah](#) is the Jewish Festival of the Lights. Celebrated over the course of eight nights, there are plenty of opportunities to try delicious new foods. Latkes are a staple that are typically made from potatoes, but these [red lentil latkes](#) are sure to also be a crowd pleaser. This [applesauce loaf cake](#) is the perfect way to end a meal. If you have the time, try [making the applesauce yourself](#) and serve it alongside the latkes as well as in the cake.

Kwanzaa

Kwanzaa is a celebration of African and African-American heritage from December 26 through January 1. [Daily menus](#) can vary, but they will typically feature hearty flavors derived from the [African diaspora](#). Those celebrating Kwanzaa may enjoy dishes such as [squash soup](#) or [peanutty stew](#). Adding [okra](#) and [greens](#) on the side makes this both a delicious and nutritious meal.

Eid al-Adha

Eid al-Adha is the Muslim Festival of Sacrifice and occurs in early January this year. It is celebrated all around the world with [delicious menu staples](#). Savory dishes typically include beef or lamb, such as in this [kibbeh khamoustah](#). Sweets and pastries are also a signature part of this festival, and may include baklava or kanafeh, which both use phyllo dough as a base.

Cheers to the New Year!

However, whenever, and whatever you celebrate this December and January, be sure to fill your plate with a delicious and nutritious menu. Find inspiration from the [cultures and heritages](#) of the people who surround you and continue learning. You never know what new meals ideas may become staple holiday dishes for you and your family and friends.