

January 2025 Lunch Specials

SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? <ul style="list-style-type: none"> Everything is priced a la carte Entrées in GREEN are Vegan or Vegetarian Breakfast is served 7:30-10 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  Cornish Hen Chickpea Patty Scalloped Potatoes Rainbow Veggies 	2 Pesto Salmon Pesto Tofu Mediterranean Couscous Asparagus Turkey Reuben	3 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Chicken Caesar Wrap	4 Lemon Caper Chicken Steamed Rice Green Beans
5 Beef Stew Focaccia Bread Sautéed Kale & Mushrooms	6 Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Warm Bread Roasted Broccoli Portabella Panini	7 French Dip Quinoa Patty with Mango Salsa Potato Wedges Coleslaw Reuben	8 Rainbow Curry Vegan Curry Jasmine Rice Chickpea Salad Ham & Chz Panini	9 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Turkey & Chz Panini	10 Chicken Parmesan Eggplant Parmesan Garlic Bread Garlic Parmesan Cauliflower Meatball Sub	11 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut
12 Enchilada Casserole Spanish Rice Sautéed Spinach	13 Veggie Lasagna Vegan Pesto Pasta Bread Stick Spinach Salad Greek Tuna Wrap	14 Chinese Beef with Broccoli Tofu with Broccoli Pot Stickers Egg Rolls Turkey Bacon Wrap	15 Rainbow Carnitas Bowl Vegan Bowl Corn Bread Tomato Basil Soup Crab Cake	16 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Hot Roast Beef	17 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	18 Meatloaf Mashed Potatoes Sautéed Zucchini
19 Honey Baked Ham Scalloped Potatoes Green Beans	20 Salmon Caesar Vegan Caesar Salad Warm Bread Butternut Squash Soup  Jerk Chicken	21 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Turkey Avocado Wrap	22 Rainbow Pozole Vegan Pozole Chips and Salsa Jicama Slaw Buffalo Chicken Sandwich	23 Oven Fried Chicken Chickpea Patty with Mango Salsa Baked Beans Corn on the Cobb Pulled Pork	24 Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Club Sandwich	25 Seasoned Pork Loin Garlic Red Potatoes Roasted Broccoli
26 Shepard's Pie Corn Bread Quinoa Kale Salad	27 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Carrots Veggie Quesadilla	28 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Turkey Reuben	29 Rainbow Beef Bowl Tofu Bento Salad Soba Noodles Peas & Carrots  BLT	30 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Italian Sub	31 Pork Tamales Vegan Zucchini Tamales Refried Beans Guacamole & Chips Philly Cheesesteak	

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.

A New Year's Resolution We Can Get Behind: A Year free of Diet Culture

December 28, 2023 – Source:

<https://www.allianceforeatingdisorders.com/new-year-diet-culture/>

The beginning of a new year often stirs a range of emotions. While many embark on setting resolutions, it's crucial to recognize that resolutions come in various forms. Losing weight by changing eating habits and increasing exercise is a common goal for the new year, but it doesn't have to be yours. For individuals navigating **eating disorders**, seeing others focus on diet and exercise can be challenging.



Diet Culture and Resolutions

The onslaught of diet culture messages disguised as “resolutions” can induce feelings of inadequacy, especially for those struggling with their relationship to food and their body. Additionally, the winter season, with its shorter days and longer nights, poses difficulties for those grappling with seasonal depression, elevating the risk of isolation and potential setbacks in their journey.

Being more mindful about the content we are taking in each day and the harmful impact of diet culture is a more balanced way to look at change in the new year. You can do that by auditing your social media feeds to remove problematic accounts and start looking up content around new interests or hobbies for example. You can listen to podcasts or pick up a book on topics that bring light and energy to your life while silencing the diet culture's voice.

What Other Kinds of Resolutions Can We Set?

Your New Year's resolution doesn't have to revolve around your weight or body. Embrace goals centered on practicing self-care, cultivating positive relationships, and pursuing personal growth. Shift the focus from external appearance to general fulfillment, promoting a more sustainable and positive approach to mental and emotional wellness.

Consider setting intentions like incorporating daily mindfulness practices, such as meditation or gratitude journaling, into your routine. Embrace physical activities that bring joy, whether it's dancing, hiking, or trying a new sport. Prioritize mental health by committing to regular **therapy sessions** or dedicating time to activities that reduce stress. Schedule regular catchups with **loved ones** and friends. Make your new year about the addition of positivity, not the restriction of food.

This year, encourage yourself and those around you to view the new year with a different approach – one centered around intentions instead of rigid resolutions. By attaching fewer expectations, we pave the way for a year of increased self-compassion.

And if focusing on resolutions this year feels too difficult, that is also ok. January 1st is just a day like any other, and it doesn't have to mark a life change if you don't want it to.