



March 2025 Dinner Specials



Sunday



Tuesday

Wednesday

Thursday

Friday

Saturday

Did you know?

- Everything is priced a la carte
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm



Food Connects Us
 2025 NATIONAL NUTRITION MONTH®
 A Campaign by the Academy of Nutrition and Dietetics

1
 Chef's Choice!

2
 Pork Tamales
 Refried Beans
 Guacamole & Chips

3
 Shrimp Alfredo
 Garlic Bread
 Side Salad

4
 Beef Stroganoff
 Dinner Rolls
 Glazed Carrots

5
 Meatloaf
 Mashed Potatoes
 Sautéed Zucchini

6
 Pesto Salmon
 Israeli Couscous
 Asparagus

7
 Taco Bar
 Black Beans
 Chips & Guacamole

8
 Gyro
 Couscous
 Hummus & Veggies

9
 Chef's Choice!

10
 Cheese Manicotti
 Bread Sticks
 Chopped Spinach

11
 Chicken Cordon
 Bleu
 Macaroni & Cheese
 Roasted Broccoli

12 
 Turkey Picatta
 Mushroom Barley
 Parsnips & Carrots

13
 Brisket
 Baked Potato
 Roasted Carrots

14
 Chicken Stir-Fry
 Pot Stickers
 Baby Bok Choy

15
 Pulled Pork
 Sandwich
 Macaroni Salad
 Creamy Coleslaw

16
 Lasagna
 Garlic Bread
 Roasted
 Cauliflower

17
 Corned Beef
 Boiled Potatoes
 Cabbage & Carrots


18
 Baked Salmon
 Casserole
 Asparagus
 Roasted Squash

19
 Piña Pork Tacos
 Chips & Salsa
 Black Bean Corn
 Salad

20
 Spanish Paella
 Toasted Baguette
 Roasted
 Vegetables

21
 Flank Steak
 Scalloped Potatoes
 Kale Salad

22
 BBQ Ribs
 Baked Beans
 Corn on the Cobb

23
 Chinese Beef with
 Broccoli & Rice
 Pot Stickers
 Spring Rolls

24
 Squash Ravioli
 Dinner Roll
 Roasted
 Cauliflower

25
 Sausage & Kale
 Alfredo
 Sweet Potato
 House Salad

26
 Ahi Tuna Steaks
 Rice Pilaf
 Arugula Salad

27
 Turkey Tacos
 Refried Beans
 Pico de Gallo & Chips

28
 Lemon Pepper Tilapia
 Wild Rice
 Steamed Broccoli

29
 Carnitas Burrito Bowl
 Rice and Beans
 Chips & Guacamole

30
 Chef's Choice!

31
 Enchilada Casserole
 Spanish Rice
 Chili Lime Corn

National Nutrition Month® was initiated in 1973 as National Nutrition Week. It became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 12th.

National Nutrition Month: AVH DIETITIAN SPOTLIGHT!

Registered dietitians work in a variety of industries and wear many hats. Meet Kristy, Laurie, and Anafer, your Aspen Valley Hospital dietitians!



Kristy Bates, RD, Director of Nutrition Services

“Maintaining a healthy lifestyle begins in the kitchen. Build confidence with your knife-handling skills, keep your refrigerator clean and organized, and know your inventory. Create an inspiring workspace you love! The more you enjoy cooking at home, the more control you’ll have over what you prepare for yourself and your loved ones- even if that means chocolate cake is on the menu. 😊 Most importantly, don’t be too hard on yourself.”

Laurie Osier, RDN, CDCES, Quality Coordinator
Diabetes Education Center

“We live in an era of “super foods” and “don’t eat anything white”. Healthy nutrition is not a rigid set of dos and don’ts. It’s flexible. To eat healthfully, choose mostly whole and minimally processed foods. Include fruits and vegetables at meals and snacks and choose lean proteins like legumes and seafood more often. Food is meant to be enjoyed, not stressful. Be adventurous! Try a new food, flavor or spice and share it with others. Food does connect us!”



Anafer Barrera, MPH, RD, Staff Development Specialist

“I like to think of food as fuel, medicine, and pleasure. My favorite part of nutrition counseling was using science and education to ease anxieties around food. People don’t realize how pervasive food fear and food guilt is when we try to eat healthy. I think it’s important to find a balance between food that makes our bodies feel good, food that’s accessible, and food that’s pleasurable.”