



March 2025 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



Food Connects Us

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

1

Lasagna
Garlic Bread
Spinach

2

Baja Fish Tacos
Refried Beans
Spicy Cole Slaw

3

Sweet Potato Black Bean Tacos
Vegan Tacos
Spanish Rice
Corn on the Cob

4

Chicken Stir-Fry
Tofu Stir-Fry
Miso soup
Cucumber Salad

5

Carnitas Burrito Bowl
Vegan Burrito Bowl
Rice and Beans
Chips & Guacamole

6

Burger Bar
Vegan Burger Bar
Potato Wedges
Side Salad

7

Turkey Sweet Potato & Lentil Chili
Veggie Lentil chili
Warm Bread
Sautéed Greens

8

Spaghetti
Bolognese
Warm Bread
Asparagus

Assorted Flatbread

Greek Tuna Wrap

Buffalo Chicken Sandwich w/ Swiss

Chili Dog

BLT

9

Meatloaf
Mashed Potatoes
Roasted Broccoli

10

Squash Ravioli
Vegan Pesto Pasta
Cauliflower
Warm Bread

11

Thai Chicken Curry
Thai Vegan Curry
Naan Flatbread
Carrot-Cumin Slaw

12


Rainbow Salmon Dish
Marinated Tofu
Spinach Souffle
Butternut Squash

13

Ramen Bowl
Vegan Ramen
Veggie Pot Stickers
Baby Bok Choy

14

Cobb Salad
Vegan Cobb
Quinoa & Rice
Cup of Pea Soup

15

Beef Stew
Warm Bread
Sautéed Kale and Mushrooms

Veggie Quesadilla

Bean & Chz Burrito

Turkey Pesto Panini

Ham & Chz Panini

Reuben

16

Pork Tenderloin
Macaroni & Cheese
Broccoli

17

Corned Beef
Chickpea Patty
Boiled Potatoes
Cabbage & Carrots



18

French Dip
Stuffed Squash
Potato Wedges
Coleslaw

19

Gyro
Chickpea Falafel
Greek Orzo
Baba Ganoush with Pita

20

Crispy Chicken Sandwich
Meatless Chik'n Sandwich
Macaroni & Cheese
Creamed Spinach

21

Shrimp Po Boy
Vegan Po Boy
Cajun Sweet Potatoes
Collard Greens

22

Beef Stroganoff
Dinner Rolls
Sautéed Kale & Mushrooms

Chicken Salad

Turkey & Chz Panini

Italian Sub

Greek Tuna Wrap

23

Chicken Fried Steak
Mashed Potatoes
Carrots

24

Kale Salad
Vegan Kale Salad
Corn Bread
Tomato Basil Soup

25

Pork Lettuce Wraps
Veg. Lettuce Wraps
Fried Rice
Spring Rolls

26

Turkey Pot Pie
Vegan Pot Pie
Cheddar Biscuit
Vegan Broccoli Salad

27

Bento Beef Salad
Tofu Bento Salad
Soba Noodles
Peas & Carrots

28

Chicken Mole Tacos
Tempeh Mole Tacos
Refried Beans
Spicy Cole Slaw

29

Chicken Cordon Bleu
Wild Rice
Steamed Broccoli

Portobello Panini

Club Sandwich

BLT

Club Sandwich

Turkey Reuben

30

Tuna Avocado Boats
Toasted Croissant
Arugula Salad

31

Pozole
Vegan Pozole
Chips and Salsa
Jicama Slaw

Crab Cake

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!

**Accelerate Athletic Performance:
Nutrition Is a Marathon, Not a Sprint
by Aspen Valley Hospital
June 6, 2022**

Peak Athletic Performance Starts with a Great Diet.

This is it. The race you have been preparing for over the past several months. You're on the final stretch and suddenly, you feel nauseous, dizzy and weak. It's getting harder to finish.

What's happening?



You're experiencing the dreaded condition known as bonking. Bonking is not a technical term but rather slang used by athletes to describe a condition when muscles become depleted of glycogen, the storage form of carbohydrates in muscles and the liver. Bonking may cause anxiety because you know you do not have the sufficient amount of energy to compete.

If there is such a thing as a bonking expert, it's Lauren Mitchell, MS, RDN, CSSD, Registered Dietitian at Aspen Valley Hospital. Mitchell is an experienced runner and six-time Boston Marathon qualifier. She helps athletes by creating science-backed nutrition plans to avoid bonking and achieve optimal results.

"How we eat during training can help create metabolic advantages to enhance our training, sustain activity levels, improve recovery and ultimately maximize performance," Mitchell said. "A race-nutrition plan considers your goals, macronutrient and micronutrient needs, hydration and lifestyle."

It's important to note that a dietary plan shouldn't start on the day of the competition. Athletes need to follow a specialized strategy month beforehand.

"One mistake many athletes make is only thinking of their nutritional intake the week of the race or competition," Mitchell said. "Fueling the right way throughout training can make a vast difference."

Every athlete has specific nutritional needs at different times throughout training. Mitchell recommends scheduling the first nutrition coaching appointment before training begins. Additional sessions should occur one-to-two months into the training program and, finally, one month before the competition.



Lauren Mitchell, MS, RD, CSSD Leaves behind a remarkable legacy as our clinical and outpatient dietitian as she embarks on an exciting new journey working with the US Olympic teams. We are incredibly grateful for the past 5 years with her at AVH.