



October 2024 Dinner Specials



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p><u>A La Carte</u></p> <p>Entrée.....\$5.98 Starch.....\$1.50 Vegetable.....\$1.50</p>	<p>1</p> <p>Turkey Tacos Spanish Rice Pico de Gallo & Chips</p>	<p>2</p> <p>Meatloaf Mashed Potatoes Sautéed Zucchini</p>	<p>3</p> <p>Sausage & Kale Alfredo Sweet Potato House Salad</p>	<p>4</p> <p>Chicken Picatta Mushroom Barley Green Beans</p>	<p>5</p> <p>BBQ Ribs Corn Bread Coleslaw</p>
<p>6</p> <p>Chicken Fried Steak Scalloped Potatoes Roasted Brussel Sprouts</p>	<p>7</p> <p>Chicken Alfredo Focaccia Bread Steamed Broccoli</p>	<p>8</p> <p>Flank Steak Baked Potato Asparagus</p>	<p>9</p> <p>Chicken Mole Tacos Refried Beans Spicy Cole Slaw</p>	<p>10</p> <p>Shrimp Scampi Warm Bread Steamed Broccoli</p>	<p>11</p> <p>Cobb Salad Quinoa Salad Gazpacho</p>	<p>12</p> <p>Cajun Jambalaya Corn Bread Collard Greens</p>
<p>13</p> <p>Gyro Couscous Hummus & Veggies</p>	<p>14</p> <p>Beer Battered Cod Macaroni Salad Classic Carrot Salad</p>	<p>15</p> <p>Ham & Swiss Quiche Breakfast Potatoes Arugula Salad</p>	<p>16</p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p>	<p>17</p> <p>Chinese Beef with Broccoli Pot Stickers Sautéed Mushrooms w/ Sesame & Ginger</p>	<p>18</p> <p>Turkey Pot Pie Cheddar Biscuit Glazed Carrots</p>	<p>19</p> <p>Chicken Cordon Bleu Macaroni & Cheese Roasted Brussel Sprouts</p>
<p>20</p> <p>BBQ Pulled Pork Sandwich Macaroni Salad Creamy Coleslaw</p>	<p>21</p> <p>Pesto Salmon Israeli Couscous Warm Cherry Tomatoes & Basil</p>	<p>22</p> <p>Turkey & Quinoa Stuffed Peppers Garlic Bread Spinach Soufflé</p>	<p>23</p> <p>Shepard's Pie Corn Bread Quinoa Kale Salad</p>	<p>24</p> <p>Grilled Chicken Caesar Salad Bread Stick Butternut Squash Soup</p>	<p>25</p> <p>Piña Pork Tacos Chips & Salsa Black Bean Corn Salad</p>	<p>26</p> <p>Chicken Parmesan Garlic Bread Green Beans</p>
<p>27</p> <p>Steak Tacos Spanish Rice Chips & Salsa</p>	<p>28</p> <p>Shrimp Ceviche Oat Muffin Spinach Salad</p>	<p>29</p> <p>Burger Bar Red Potato Wedges Greek Salad</p>	<p>30</p> <p>Honey Baked Ham Macaroni & Cheese Green Beans</p>	<p>31</p> <p>Autumn Chili in a Bread Bowl Spaghetti Squash Apple Crisp</p> <p>Halloween</p>	<ul style="list-style-type: none"> • 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 	

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.

4 Fall Foods for Your Family

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For many, fall means new classes, new activities and sports, new schedules and a shift to colder weather foods. Regardless of age, having the right fuel is key to helping kids function at their best.

Summer's bounty of tomatoes and peaches may be over, but harvest season has its own advantages such as an abundance of the following delicious fall foods. Here are some simple, kid-friendly ways to add them to your family's meals.

Pumpkin Is anything more fall-like than a pumpkin? These famously orange winter squashes are chock-full of vitamin A and deliver 3 grams of fiber per ½-cup serving of cooked sugar pumpkin, plus they contribute towards potassium needs. Note that the pumpkins you carve into jack-o'-lanterns are not the same type of pumpkins you eat. Try pumpkin puree mixed into mac-and-cheese or with hummus for a seasonal spread. Looking for more options? Add pumpkin to pancake batter, oatmeal, smoothies or your kid's favorite chili. And don't forget about roasting the seeds! Pumpkin seeds are a delicious and healthful snack and a source of several nutrients, including zinc, which is essential for many body processes including immune function. To toast your pumpkin seeds, first rinse to remove pulp and strings. Spread seeds on a baking sheet that has been coated with cooking spray or drizzle a small amount of olive oil over seeds. Bake at 325°F for about 30 minutes or until lightly toasted. Stir occasionally during cooking. Take a look at your spice rack and try a seasoning on your toasted seeds such as garlic powder or Cajun seasoning.

Oats Heart-healthy, oats are a good source of dietary fiber for slow-burning energy.

Warm oatmeal is an affordable and filling breakfast. Top oatmeal with nuts such as walnuts, almonds or pecans, seeds such as ground flaxseed or pumpkin seeds and fruit such as pears or cranberries for even more fiber, vitamins and minerals.

Apples Apples pack a powerful nutrition punch and are a source of vitamin C and dietary fiber — eat the skins for the full fiber benefits.

Sprinkle apple slices with ground cinnamon or pair with cheese or peanut butter for an easy snack. Don't forget about dinner! Apples taste great when stewed and served with savory foods such as roasted pork.

Brussels Sprouts They may be small, but Brussels sprouts are part of the powerhouse cruciferous veggie family. Each 1-cup serving of cooked Brussels sprouts provides 4 grams of dietary fiber, is an excellent source of vitamins A, C, K and folate and a good source of iron. They even have some protein.

You can cut whole Brussels sprouts into kid-friendly quarters and toss with sea salt and olive oil and roast until crispy. If your kids are skeptical, serve the sprouts mixed with roasted sweet potato or butternut squash cubes. You also can shred them (or buy them pre-shredded) and sauté lightly in olive oil then toss with your kids' favorite pasta or rice dish.