



# October 2024 Lunch Specials



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p><b><u>A La Carte</u></b></p> <p>Entrée.....\$5.98  <b>Vegan Entré.\$4.25</b>                  Starch.....\$1.50                  Vegetable.....\$1.50</p> <p><b>Sandwich.....\$5.45</b></p>	1 Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower	2 Pork Tamales Vegan Zucchini Tamales Refried Beans Guacamole & Chips	3 Beef Stew Vegan Stew Warm Bread Sauteed Kale and Mushrooms	4 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw	5 Brisket Latkes Roasted Carrots
	6 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut	7 Baja Fish Tacos Baja Vegan Tacos Refried Beans Spicy Cole Slaw  Crab Cake	8 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita  Turkey & Chz Panini	9 Spaghetti Bolognese Vegan Bolognese Garlic Bread Side Salad  Reuben	10 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips  Chicken Caesar Wrap	11 Chicken Parmesan Eggplant Parmesan Garlic Bread Garlic Parmesan Cauliflower  Meatball Sub
13 Steak Tacos Spanish Rice Chips & Salsa	14 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad  Greek Tuna Wrap	15 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad  Turkey Reuben	16 French Dip Vegan Mushroom French Dip Potato Wedges Coleslaw  Club Sandwich	17 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Carrots  Quesadilla	18 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad  BLT	19 Enchilada Casserole Spanish Rice Sautéed Spinach
20 Greek Turkey Burger Orzo Salad Greek Salad	21 Arturo's Kale Salad Arturo's Vegan Kale Salad Corn Bread Tomato Basil Soup  Portabella Panini	22 Burger Bar Vegan Burger Bar Pasta Salad Side Salad  Pulled Pork	23 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole  Buffalo Chicken Sandwich	24 Oven Fried Chicken Chickpea Patty Baked Beans Corn on the Cobb  Turkey Avocado Wrap	25 Meatloaf Quinoa Patty Mashed Potatoes Sautéed Zucchini  Ham & Chz Panini	26 Pork Lettuce Wraps Fried Rice Spring Rolls
27 Niçoise Salad French Bread Gazpacho	28 Pozole Vegan Pozole Chips and Salsa Jicama Slaw  Veggie Quesadilla	29 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach  Italian Sub	30 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots  Club Sandwich	31 <b>Halloween</b> Autumn Chili in a Bread Bowl Quinoa Chili in a Bread Bowl Spaghetti Squash Apple Crisp  Autumn Chili Dog	<ul style="list-style-type: none"> <li>• Entrées in GREEN are Vegan or Vegetarian</li> <li>• Everything is priced a la carte</li> <li>• Breakfast is served 7:30-10am</li> <li>• Lunch is served 11:30-2pm</li> <li>• Dinner is served 5-7pm</li> </ul>	

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.

# Easy Ways to Lighten Up Your Mexican Fiesta

**Contributors:** Esther Ellis, MS, RDN, LDN

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South of the border fare is a nutritious option worth trying. Follow our tips and remember: Mexican food is beyond quesadillas and nachos, says Academy spokesperson Marina Chaparro, MPH, RDN, LD, CDE. "Many of the staples are lesser-known Mexican foods such as nopales, flor de calabaza, and chile poblano – all of which are nutritious choices," she says.

**Pick Produce** An excellent place to start is the produce aisle. Many Mexican favorites feature fresh fruits and vegetables. Standbys include tomatoes, peppers, avocados and mangoes — but it doesn't end there. Have you tried jicama? This crisp and slightly sweet root vegetable is an excellent source of vitamin C and fiber, and a good source of potassium. Serve it in salads or as a crunchy addition to salsas. What about nopales? These prickly pear cactus paddles are a good source of fiber and can be sautéed, boiled or even added to juice or salsa. Salsa is an excellent topping, says Chaparro. "Skip heavier condiments like sour cream and cheese, which can add unnecessary saturated fat," she says. "Instead, go for fresh salsa and guacamole. Avocados contain heart-healthy monounsaturated fats, fiber and folate."

A great veggie-friendly way to start your meal is with a cup of gazpacho, a chilled tomato soup, or black bean soup, which is nutrient-packed and high in fiber.

**Watch the Fat** Take it easy on sour cream, cheese and crispy, fried tortillas. Basket of chips — we're looking at you! "When ordering tacos, avoid the fried tortilla or large flour tortillas, which can actually be three serving sizes," says Chaparro. "Instead, choose smaller taco-sized corn tortillas to keep your portion size in check." When ordering at a restaurant, look for descriptions such as "asada" (which means grilled), "served with salsa verde" (a green chili sauce) and "Veracruz-style" (which means it includes a tomato sauce).

**Make Modifications** Many restaurants are happy to honor customer requests, so don't be afraid to speak up. Ask for sauces and toppings such as guacamole, cheese and sour cream to be served on the side, or request tomato salsa instead. For tacos, enchiladas and quesadillas, choosing soft tortillas will reduce calories, and corn tortillas may have more nutrients compared to flour tortillas.

At home, make tortillas with canola oil instead of lard. Mash boiled beans and add low-fat milk or vegetable broth to give them the texture of refried beans.

**Twist and Spice** When it comes to Mexican eats, adding flavor with minimal fat, calories and sodium is as simple as a twist of lime, a dash of cilantro and a sprinkle of chilies. Look for limón, a relative of Key lime, for a traditional take. Try ceviche, fish marinated in lemon or lime juice, for a healthy citrus-inspired dish.

For cilantro, chop the leaves and use fresh, or use the dried seeds (coriander) whole or ground.

Chilies also are used dried or fresh and come in many varieties, such as jalapeño, poblano, chipotle, serrano and habanero, just to name a few. As a general rule, the larger the chili, the milder it is. Add them to just about anything — soups, meats, salsas — for a punch of flavor and vitamins A and C.