



April 2026 Lunch Specials



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Did you know?</p> <ul style="list-style-type: none"> Everything is priced a la carte Entrées in GREEN are Vegan or Vegetarian Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 		<p><u>A La Carte</u></p> <p>Entrée.....\$7.75 Vegan Entrée...\$5.50 Starch.....\$2.00 Vegetable.....\$2.00</p> <p>Sandwich.....\$7.00</p>	<p>1</p> <p>Pork Tamales Vegan Tamales Rice & Beans Zucchini</p> <p>Club Sandwich</p>	<p>2</p> <p>Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms</p> <p>Ham & Chz Panini</p>	<p>3</p> <p>Salmon Quinoa Bowl Vegan Quinoa Bowl Sweet Potato Kale Salad</p> <p>Turkey Avocado</p>	<p>4</p> <p>Shepard's Pie Corn Bread Quinoa Kale Salad</p>
<p>5</p> <p>Roasted Turkey Scalloped Potatoes Green Beans</p> 	<p>6</p> <p>Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad</p> <p>Greek Tuna Wrap</p>	<p>7</p> <p>Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls</p> <p>Turkey Reuben</p>	<p>8</p> <p>Chicken Mole Fajitas Vegan Mole Fajitas Refried Beans Spicy Cole Slaw</p> <p>Chicken Quesadilla</p>	<p>9</p> <p>Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad</p> <p>BLT</p>	<p>10</p> <p>Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw</p> <p>Philly Cheesesteak</p>	<p>11</p> <p>Flank Steak Baked Potato Roasted Cauliflower</p>
<p>12</p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p>	<p>13</p> <p>Niçoise Salad Vegan Niçoise French Bread Gazpacho</p> <p>Turkey Pesto Panini</p>	<p>14</p> <p>Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita</p> <p>Caesar Wrap</p>	<p>15</p> <p>Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad</p> <p>Philly Cheesesteak</p>	<p>16</p> <p>Burger Bar Vegan Burger Bar Onion Rings Side Salad</p> <p>Tuna Melt</p>	<p>17</p> <p>Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole</p> <p>Buffalo Chicken Sandwich</p>	<p>18</p> <p>Tuna Avocado Boats Toasted Croissant Arugula Salad</p>
<p>19</p> <p>Chinese Beef with Broccoli Steamed Rice Pot Stickers</p>	<p>20</p> <p>Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad</p> <p>Portabella Panini</p>	<p>21</p> <p>Tacos Al Pastor Vegan Tacos Al Pastor Refried Beans Chips and Guac</p> <p>Buffalo Chicken Sandwich</p>	<p>22</p>  <p>Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans</p> <p>Meatball Sub</p>	<p>23</p> <p>Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots</p> <p>Club Sandwich</p>	<p>24</p> <p>Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita</p> <p>Reuben</p>	<p>25</p> <p>Enchilada Casserole Spanish Rice Chili Lime Corn</p>
<p>26</p> <p>Lasagna Garlic Bread Creamed Spinach</p>	<p>27</p> <p>Beer Battered Cod Quinoa Patty with Mango Salsa Macaroni Salad Creamy Coleslaw</p> <p>Egg Salad Sandwich</p>	<p>28</p> <p>Pozole Vegan Pozole Chips and Salsa Jicama Slaw</p> <p>Veggie Quesadilla</p>	<p>29</p> <p>Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach</p> <p>Italian Sub</p>	<p>30</p> <p>French Dip Stuffed Squash Potato Wedges Coleslaw</p> <p>Chicken Salad</p>		

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.

Understanding Seed Oils

Contributors: Serena Ball, MS, RDN **Reviewers:** Academy Staff RDNs **Published:** March 18, 2025



standret/iStock/Getty Images Plus

Seed oils are oils extracted from the seeds of certain plants. While research suggests that a diet including seed oils is healthful, these oils have been blamed for conditions such as eczema, weight gain and inflammation, especially on social media. So, are these oils actually bad for your health? When people talk about seed oils, eight specific oils get the most attention: canola, soybean, safflower, corn, cottonseed, grapeseed, rice bran and peanut oils. However, there are a wide variety of seed oils available, including those from sesame, flaxseed and walnut.

Omega-3 and Omega-6 Fatty Acids Seed oils are composed of differing amounts of saturated, monounsaturated and polyunsaturated fats. Polyunsaturated fats, or PUFAs, are often present in the highest amounts and are the focus of most seed oil debates. PUFAs include omega-3 and omega-6 fatty acids, which may help to decrease inflammation in the body when consumed in appropriate ratios. Research on the ideal ratio is unclear. Most seed oils have a much higher amount of omega-6 fatty acids compared to omega-3s. However, there is a lack of research to suggest that omega-6 fatty acids cause inflammation. Omega fatty acids are often categorized as omega-3s are "good" and omega-6s are "bad," but it's not that simple. Omega-3 fatty acids (found in foods such as fatty fish, walnuts, chia and flax-seeds) are known for their role in supporting brain and heart health. Meanwhile, research suggests that omega-6 fats are beneficial for lowering the risk of heart disease, with recent research suggesting a decreased mortality rate for those who replace butter with plant-based oils, including those from seeds.

How Seed Oils Are Produced Besides being a source of omega-6, seed oils have been criticized for how they are produced. Some oils are expeller-pressed or cold-pressed, meaning that heat or chemicals are not used during the process of oil extraction. These oils are produced in small batches, can have a cloudy appearance and can go rancid quickly. In order to yield a clear, shelf-stable oil, producers use heat in extracting the oil from the seed. Chemical solvents may be used to make the extraction process more efficient with less waste. Concerns exist about the potential for chemicals, such as hexane, to remain in oils after processing. However, residue levels are well below safety limits, even among adults with some of the highest levels of daily fat intake in the United States.

Should Some Seed Oils Be Avoided? It's important to consider a variety of factors when choosing what to eat. Top sources of seed oils for many Americans come from ultra-processed foods, such as baked goods, chips, frozen meals, and fried food, which lack nutrition. If you find a seed oil listed in the ingredients of foods like whole-grain bread or peanut butter, review the Nutrition Facts label to see if the food provides other beneficial nutrients and fits into your healthy eating routine. Including more omega-3 fats in your day may be beneficial. Try sandwiching tuna fish between two slices of whole-grain bread or spreading the bread with peanut butter and sprinkling with ground flaxseed — another source of omega-3.

Cooking and Baking Seed oils such as canola and soybean (labeled as vegetable) have a high smoke point, which means they don't degrade during cooking. In addition, they are good substitutes for solid fats like butter, lard or shortening, which contain more saturated fats.

Using seed oils to prepare wholesome food at home can be beneficial to your health, especially when they are used to replace sources of saturated fat. This substitution promotes healthful eating and can help to reduce total cholesterol and the risk of heart disease. In general, limit packaged dessert and snack items, which may contain seed oils and lack in nutrients. However, there's no need to avoid nutrient-dense foods, such as nut butter and whole-grain breads, that contain seed oils.