



# May 2026 Dinner 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**



## A La Carte

Entrée.....\$7.75  
 Starch.....\$2.00  
 Vegetable.....\$2.00

1

Meatloaf  
 Mashed Potatoes  
 Roasted Carrots

2

Turkey Picatta  
 Mushroom Barley  
 Grilled Asparagus

3

Enchilada Casserole  
 Spanish Rice  
 Chili Lime Corn

4

Niçoise Salad  
 French Bread  
 Gazpacho

5

Chicken Cordon  
 Bleu  
 Macaroni & Cheese  
 Roasted Broccoli

6

BBQ Chicken  
 Pasta Salad  
 Creamy Coleslaw

7

Pesto Salmon  
 Garlic Parmesan  
 Orzo  
 Steamed Broccoli

8

Sausage & Kale  
 Alfredo  
 Sweet Potato  
 House Salad

9

Turkey Pot Pie  
 Cheddar Biscuit  
 Garden Salad

10 *Mother's Day*

Honey Baked Ham  
 Scalloped Potatoes  
 Green Beans



11

### Hospital Week Lunch

Hickory House BBQ  
**Black Bean Burgers**  
 Cheesy Potatoes  
 Baked Beans  
 Cornbread Muffins  
 Coleslaw

12

Chicken Alfredo  
 Focaccia Bread  
 Roasted Brussel  
 Sprouts

13

Pork Tenderloin  
 Roasted Red  
 Potatoes  
 Roasted Broccoli

14

French Dip  
 Potato Wedges  
 Coleslaw

15

Gyro  
 Couscous  
 Hummus & Veggies

16

Lasagna  
 Garlic Bread  
 Sauteed Zucchini

17

Crispy Chicken  
 Sandwich  
 Macaroni & Cheese  
 Creamed Spinach

18

Lemon Pepper  
 Tilapia  
 Wild Rice  
 Steamed Carrots

19

Brisket  
 Corn Bread  
 Roasted Carrots

20

Chicken Parmesan  
 Garlic Bread  
 Green Beans

21

Chinese Beef with  
 Broccoli and Rice  
 Veggie Spring Rolls  
 Pot Stickers

22

Cobb Salad  
 Couscous  
 Cucumber Salad

23

Flank Steak  
 Scalloped Potatoes  
 Kale Salad

24

Chicken Caesar  
 Salad  
 Dinner Roll  
 Minestrone Soup

25

BBQ Ribs  
 Baked Beans  
 Corn on the Cobb



26

Burger Bar  
 Onion Rings  
 Greek Salad

27

Shrimp Scampi  
 Bread Stick  
 Asparagus

28

Carnitas Burrito Bowl  
 Rice and Beans  
 Chips &  
 Guacamole

29

Chicken Fried Steak  
 Mashed Potatoes  
 Roasted Carrots

30

Lemon Caper  
 Chicken  
 Steamed Rice  
 Green Beans

31

Tacos Al Pastor  
 Spanish Rice  
 Chips and Guac

Aspen Valley Health'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 Mon-Fri**). 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.

# Irritable Bowel Syndrome

**Contributors:** Esther Ellis, MS, RDN, LDN **Reviewers:** Academy Staff RDNs **Published:** April 12, 2022  
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Irritable bowel syndrome, or IBS, is a chronic or reoccurring series of gastrointestinal symptoms that often causes distress for those who have it. IBS is associated with a group of symptoms that affect the large and small intestines. It is estimated that IBS affects 10% to 15% of adults worldwide. Though no specific cause is known, several factors may contribute to IBS, including genetics, certain mental health disorders, food sensitivities or intolerances, infection or a change in intestinal bacteria type or amount. Certain foods and stress may trigger symptoms; diet changes, stress management and a healthy, active lifestyle may help manage IBS.

## Symptoms of IBS

Symptoms vary, but typically include one or more of the following:

- Abdominal pain
- Cramping
- Constipation or diarrhea
- Bloating
- Gassiness

Your doctor may order medical tests to rule out other causes of these symptoms.

**IBS Triggers** People with IBS have a sensitive intestinal tract in which stress and diet may play a role.

- **Stress.** The colon contains nerves that connect to the brain. For people with IBS, stress can stimulate spasms in the colon, causing discomfort and pain.
- **Diet.** Some people with IBS find symptoms worsen after eating large meals or high-fat foods. Specific foods also may trigger symptoms and can vary from person to person.

**Changes for the Better** The best way to manage IBS can be highly individualized. It's important to understand what may cause episodes of discomfort and then work to eliminate or minimize them. While medication, stress management and probiotics may help, eating habits also should be a focus because they can have a significant impact. Some simple changes in the way you eat may offer relief and reduce future flare-ups.

- **Establish regular eating habits.** Eating your meals at the same time each day may help regulate your bowels.
- **Eat small, frequent meals instead of large ones.** This will ease the amount of food moving through your intestinal tract.
- **Focus on a healthful eating pattern, including sources of [dietary fiber](#).** Try whole fruits, vegetables, beans and whole grains including rolled oats, brown rice and whole-wheat bread. Make changes slowly. Fiber helps move food through your intestine, but it takes time for your body to adjust to eating more. Adding too much too quickly may result in gas, bloating and cramping.
- **Drink enough fluids.** Fiber draws water from your body to move foods through your intestine. Without enough water and fluids, you may become constipated.
- **Watch what you drink.** Alcohol and caffeine can stimulate your intestines, which may cause diarrhea. Artificial sweeteners that contain sugar alcohols such as sorbitol, mannitol and xylitol may cause diarrhea too. Carbonated drinks can produce gas.
- **Consider FODMAPs.** Fermentable, oligosaccharides, disaccharides, monosaccharides and polyols — these short-chain carbohydrates are found naturally in many of the foods we eat. They may be poorly absorbed in the intestine by people with IBS. A registered dietitian nutritionist can help determine if there are high-FODMAP foods you may be sensitive to and if a modified eating pattern is right for you.
- **Identify problem foods and eating habits.** Recording your daily food intake in a food diary during flare-ups can help you figure out which foods contribute to IBS symptoms.