



May 2026 Lunch Specials



Sunday



Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Did you know?</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 				<p>A La Carte</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>Chicken Shawarma Baba Ganoush Tzatziki with Pita</p>					
<p>3</p> <p>Shepard's Pie Corn Bread Quinoa Kale Salad</p>		<p>4</p> <p>Salmon Quinoa Bowl Vegan Quinoa Bowl Sweet Potato Kale Salad</p> <p>Turkey Avocado</p>		<p>5</p> <p>Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms</p> <p>Ham & Chz Panini</p>		<p>6</p> <p>Moroccan Chicken Vegan Moroccan Bowl Spiced Lentils Curried Cauliflower</p> <p>Caesar 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>Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad</p> <p>BLT</p>		<p>9</p> <p>Lasagna Garlic Bread Creamed Spinach</p>	
<p>10 <i>Mother's Day</i></p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p> 		<p>11</p> <p><u>Hospital Week Lunch</u> Hickory House BBQ Black Bean Burgers Cheesy Potatoes Baked Beans Cornbread Muffins Coleslaw</p>		<p>12</p> <p>Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw</p> <p>Philly Cheesesteak</p>		<p>13</p> <p>Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad</p> <p>Portabella Panini</p>		<p>14</p> <p>Beer Battered Cod Quinoa Patty with Mango Salsa Macaroni Salad Creamy Coleslaw</p> <p>Buffalo Chicken Sandwich</p>		<p>15</p> <p>Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad</p> <p>Italian Sub</p>		<p>16</p> <p>Tacos Al Pastor Refried Beans Chips and Guac</p>	
<p>17</p> <p>Flank Steak Baked Potato Roasted Cauliflower</p>		<p>18</p> <p>Niçoise Salad Vegan Niçoise French Bread Gazpacho</p> <p>Turkey Pesto Panini</p>		<p>19</p> <p>Chicken Mole Fajitas Vegan Mole Fajitas Refried Beans Spicy Cole Slaw</p> <p>Chicken Quesadilla</p>		<p>20</p> <p>Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita</p> <p>Reuben</p>		<p>21</p> <p>Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad</p> <p>Greek Tuna Wrap</p>		<p>22</p> <p>French Dip Stuffed Squash Potato Wedges Coleslaw</p> <p>Chicken Salad</p>		<p>23</p> <p>Pozole Chips and Salsa Jicama Slaw</p>	
<p>24</p> <p>Tuna Avocado Boats Toasted Croissant Arugula Salad</p>		<p>25 </p> <p>Burger Bar Vegan Burger Bar Onion Rings Side Salad</p> <p>Tuna Melt</p>		<p>26</p> <p>Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans</p> <p>Meatball Sub</p>		<p>27</p> <p>Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole</p> <p>Buffalo Chicken Sandwich</p>		<p>28</p> <p>Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach</p> <p>Philly Cheesesteak</p>		<p>29</p> <p>Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots</p> <p>Club Sandwich</p>		<p>30</p> <p>Roasted Turkey Scalloped Potatoes Green Beans</p>	
<p>31</p> <p>Chinese Beef with Broccoli Steamed Rice Pot Stickers</p>		<p>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.</p>											

How Clean Is Your Refrigerator?

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Mold, bacteria and spills in the refrigerator can put you at risk for food poisoning. Maintain a clean refrigerator to help improve the safety and quality of your foods. For the best cleaning results, always refer to the owner's manual of your refrigerator, but a few simple refrigerator cleaning tips work in most situations:

Refrigerator Cleaning

- Wipe up spills immediately, especially juices from raw meat, chicken or fish. Defrosting meats on the bottom shelf in a covered container reduces the chance of a spill and cross-contamination.
- Scrub down the inside of your refrigerator (including shelves and drawers) using a clean sponge and warm soapy water. Rinse with clean water, then dry with paper towels or a clean cloth. Avoid using cleaners that may pass on flavors to food or cause damage to surfaces.
- Frequently clean the refrigerator handle. That is the part of the fridge that gets touched countless times a day.
- Keep the front grill clear of dust to allow free airflow to the condenser for best cooling and efficiency. Also, clean the condenser coils with a brush or vacuum. Unplug the refrigerator when cleaning the coils.

What's in the Refrigerator?

Sort through foods at least once a week, throwing out foods that have been "hibernating" and are expired or no longer suitable for eating. Consider labeling foods with the dates they were made to keep track of their freshness. Leftovers usually last three to four days in the refrigerator, whereas fresh fish, poultry and ground beef are best consumed within one to two days of purchase, and whole cuts of fresh beef, such as steaks, are best consumed within the first five days of purchase.

Except for infant formulas, product dates are not expiration dates. They indicate when a product should be used for best quality. The terms "sell by," "best by" and "use by," may give you a reference for how long a food might last. However, if you aren't sure how old something is or if it's safe to eat, remember — when in doubt, throw it out.