



July 2026 Dinner Specials



MEATLESS MONDAY

SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<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><u>A La Carte</u></p> <p>Entrée.....\$7.75 Starch.....\$2.00 Vegetable.....\$2.00</p>	1	2	3	4
			Bento Beef Salad Soba Noodles Peas & Carrots	Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	Sausage & Kale Alfredo Sweet Potato House Salad	
5	6	7	8	9	10	11
Pork Tenderloin Roasted Red Potatoes Roasted Broccoli	Greek Turkey Burger Orzo Salad Greek Salad	Gyro Couscous Hummus & Veggies	Meatloaf Mashed Potatoes Roasted Carrots	Chicken Alfredo Focaccia Bread Roasted Brussel Sprouts	Turkey Picatta Mushroom Barley Grilled Asparagus	French Dip Potato Wedges Coleslaw
12	13	14	15	16	17	18
Chicken Tikka Masala Naan Flatbread Carrot-Cumin Slaw	Lemon Pepper Tilapia Wild Rice Steamed Carrots	Briset Corn Bread Roasted Carrots	Enchilada Casserole Spanish Rice Chili Lime Corn	Tacos Al Pastor Spanish Rice Chips and Guac	Chinese Beef with Broccoli and Rice Veggie Spring Rolls Pot Stickers	Lemon Caper Chicken Steamed Rice Green Beans
19	20	21	22	23	24	25
Flank Steak Scalloped Potatoes Kale Salad	Cobb Salad Couscous Cucumber Salad	BBQ Ribs Baked Beans Corn on the Cobb	Chicken Parmesan Garlic Bread Green Beans	Burger Bar Onion Rings Greek Salad	Beer Battered Cod Macaroni Salad Creamy Coleslaw	Crispy Chicken Sandwich Macaroni & Cheese Creamed Spinach
26	27	28	29	30	31	
Shrimp Scampi Bread Stick Asparagus	Turkey Pot Pie Cheddar Biscuit Garden Salad	Chicken Caesar Salad Dinner Roll Minestrone Soup	Chicken Fried Steak Mashed Potatoes Roasted Carrots	Carnitas Burrito Bowl Rice and Beans Chips & Guacamole	Lasagna Garlic Bread Sauteed Zucchini	

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.

The MIND Diet

Contributors: Sarah Klemm, RDN, CD, LDN **Published:** April 08, 2025



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A healthful eating routine can help reduce the risk of a variety of conditions, including Type 2 diabetes, heart disease and certain cancers. Research also suggests a pattern of eating that includes an assortment of nutritious foods on a regular basis may be particularly helpful for brain health.

Keeping your brain healthy, especially as you age, can help to reduce the risk of dementia. Dementia is a brain disorder that affects a person's ability to think, recall memories or do common tasks. There are several forms of dementia, and the

symptoms can range from mild to severe. Alzheimer's disease is one of the most common types of dementia, a condition that results in memory loss. As it advances, Alzheimer's disease can affect a person's thinking and speaking. Certain risk factors can't be changed, such as family history and older age. However, improving lifestyle habits, for example, keeping your mind active, staying connected with family and friends, choosing healthful foods and being physically active may help reduce the risk of Alzheimer's disease.

Fuel Your MIND The Mediterranean-DASH Intervention for Neurodegenerative Delay, better known as the MIND diet, may help prevent or delay dementia and other declines in brain health.

The MIND diet is a combination of two well-known eating patterns: the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) eating plan. These eating patterns have some differences but share a focus on eating whole grains, beans, nuts, vegetables, fruit, lean protein foods and low-fat or fat-free dairy products. The Mediterranean and MIND diets also include wine, if desired. However, limiting alcoholic beverages is recommended and those who do not drink are not encouraged to start for any reason.

What Does the MIND Diet Look Like?

Daily

- **Vegetables:** Two or more servings of vegetables, with at least one serving of leafy greens each day. Leafy green vegetables include broccoli, chard, collards, kale, bok choy and various types of lettuce.
- **Whole grains:** Three or more servings of whole-grain foods including oats, millet, bulgur, brown rice and other grain-based products that list whole wheat (or some other whole grain) as the first ingredient or second ingredient after water. This does not include refined grains.
- **Extra-virgin olive oil:** Two tablespoons. This does not include other types of olive or vegetable oils.

Weekly

- **Berries:** Two to five servings of berries such as strawberries, raspberries, blueberries and blackberries throughout the week. This does not include dried berries.
- **Nuts and seeds:** Five or more servings of nuts or seeds such as almonds, cashews, sesame seeds and pumpkin seeds. This also includes peanuts and nut or seed butters.
- **Beans:** At least 3-4 servings per week of varieties such as black, pinto, kidney and garbanzo beans.
- **Seafood:** One or more serving, with a focus on fatty fish such as salmon, mackerel, herring or sardines.
- **Poultry:** Two or more servings, with a focus on light meat without skin.

Mindful Eating

While a big focus of the MIND diet is on which foods to eat, there also are foods individuals are encouraged to limit. These include:

- **Highly processed foods,** such as processed meats and refined grains.
- **Saturated fat,** from sources including red meat, butter, margarine, full-fat cheese and fried foods.
- **Added sugars,** which can be found in a variety of foods and drinks, especially desserts, pastries and sugar-sweetened beverages.

Like most changes to improve health, the benefits are higher when following the recommendations closely. But for those who prefer to make changes slowly, research suggests the risk of Alzheimer's disease may be reduced even when following the plan moderately well.