



July 2026 Lunch 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 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>Chili Dog</p>	<p>2</p> <p>Bulgogi Beef Noodle Bowl Tofu Noodle Bowl Spring Rolls Cucumber Salad</p> <p>BLT</p>	<p>3</p> <p>Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita</p> <p>Chicken Quesadilla</p>	<p>4</p>  <p>BBQ Ribs Corn Bread Corn on the Cobb</p> 
<p>5</p> <p>Lemon Caper Chicken Steamed Rice Green Beans</p>	<p>6</p> <p>Shrimp Scampi Vegan Scampi Garlic Bread Arugula Salad</p> <p>Turkey Avocado</p>	<p>7</p> <p>Meatloaf Quinoa Patty with Mango Salsa Mashed Potatoes Roasted Broccoli</p> <p>Chicken Salad</p>	<p>8</p> <p>Moroccan Chicken Vegan Moroccan Bowl Spiced Lentils Curried Cauliflower</p> <p>Caesar Wrap</p>	<p>9</p> <p>Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita</p> <p>Buffalo Chicken Sandwich</p>	<p>10</p> <p>Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips</p> <p>Greek Tuna Wrap</p>	<p>11</p> <p>BBQ Chicken Baked Beans Coleslaw</p>
<p>12</p> <p>Bento Beef Salad Soba Noodles Peas & Carrots</p>	<p>13</p> <p>Chicken Caesar Salad Vegan Caesar French Bread Gazpacho</p> <p>Turkey Pesto Panini</p>	<p>14</p> <p>Gringo Tacos Vegan Tacos Black Beans Pico de Gallo & Chips</p> <p>Reuben</p>	<p>15</p> <p>Lasagna Vegan Lasagna Garlic Bread Creamed Spinach</p> <p>Ham & Chz Panini</p>	<p>16</p> <p>Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls</p> <p>Turkey Reuben</p>	<p>17</p> <p>Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw</p> <p>Philly Cheesesteak</p>	<p>18</p> <p>Tacos Al Pastor Refried Beans Chips and Guac</p>
<p>19</p> <p>French Dip Potato Wedges Coleslaw</p>	<p>20</p> <p>Kale Salad Vegan Kale Salad Corn Bread Watermelon Mint Salad</p> <p>Portabella Panini</p>	<p>21</p> <p>Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans</p> <p>Meatball Sub</p>	<p>22</p> <p>Turkey Picatta Vegan Picatta Herbed Farro Pilaf Grilled Asparagus</p> <p>BLT</p>	<p>23</p> <p>Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad</p> <p>Philly Cheesesteak</p>	<p>24</p> <p>Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad</p> <p>Italian Sub</p>	<p>25</p> <p>Alaskan Sole Rice Pilaf Steamed Vegetables</p>
<p>26</p> <p>Flank Steak Baked Potato Roasted Cauliflower</p>	<p>27</p> <p>Pozole Vegan Pozole Chips and Salsa Jicama Slaw</p> <p>Veggie Quesadilla</p>	<p>28</p> <p>Burger Bar Vegan Burger Bar Onion Rings Side Salad</p> <p>Tuna Melt</p>	<p>29</p> <p>Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole</p> <p>Buffalo Chicken Sandwich</p>	<p>30</p> <p>Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach</p> <p>Cuban</p>	<p>31</p> <p>Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad</p> <p>Club Sandwich</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.

Creatine for Health Promotion

Contributors: Vanessa King, MS, RDN, CDCES, NBC-HWC **Published:** June 10, 2026



mapodile/E+

Creatine is a naturally occurring compound in the body. It's well studied for its role in energy production. While creatine is known for its sports performance benefits, research suggests it may have other health benefits, too.

Sources of Creatine

Creatine can be obtained from the diet as well as made by the body. Your body produces about 1 gram of creatine per day. Eating foods that contain creatine helps to maintain the body's stores. The main food sources of creatine are animal-based

foods, including beef, pork, lamb, fish and game meat. Dairy products, such as milk, contain very low amounts of creatine. A typical diet provides about 1 to 2 grams of creatine per day. This amount allows muscle creatine stores to reach roughly 60% to 80% of their storage capacity. Actual intake can vary widely depending on how much food a person eats and the types of foods included in their diet. For example, a 4-ounce serving of beef or salmon provides about 0.5 gram of creatine.

Creatine Supplements Although creatine is naturally found in food, supplements may provide a more practical and consistent way for some people to increase creatine intake. Creatine supplements deliver higher amounts of the compound in a concentrated form. Creatine is generally well-tolerated, but there are some precautions to keep in mind. The side effect most commonly reported is temporary water retention, although dehydration and gastrointestinal distress also may occur. For this reason, it's important to consult your health care provider or a registered dietitian nutritionist (RDN) who will consider your individual health needs.

Creatine Deficiency Creatine deficiency can occur for different reasons. In rare cases, it is due to genetic factors which affect how creatine is made or transported in the body. Some people are considered more at risk for low creatine levels. These include vegetarians and vegans, pregnant women, older adults, and individuals with creatine deficiency syndromes. People who follow vegetarian or vegan diets often have reduced creatine stores because their diets do not include creatine-rich animal foods such as meat and fish. Research shows that vegetarians tend to have lower muscle creatine levels than people who eat animal-based foods. In these populations, creatine supplementation has been shown to improve physical and cognitive performance while supporting adherence to plant-based diets.

Women generally have lower muscle creatine levels than men, and creatine levels may decline with age. Older adults, especially those with sarcopenia (the age-related loss of muscle), tend to have lower creatine levels compared to younger individuals. Creatine may help reduce muscle wasting in conditions such as sarcopenia.

Creatine for Health Promotion Creatine isn't just for athletes. Research suggests it may support overall health & wellness, for example by helping to lower cholesterol and triglyceride levels. In older adults, creatine supplementation may increase strength and muscle mass, while also supporting cognitive function. Some studies suggest it may even act as an antidepressant. Creatine also may offer benefits for various health conditions but research is still emerging. Creatine may support brain health in neurodegenerative diseases such as Parkinson's, improve exercise capacity in individuals with cardiovascular conditions, and enhance energy metabolism in chronic fatigue syndrome. Additionally, some evidence suggests creatine may aid recovery from traumatic brain injury by supporting brain energy metabolism and reducing neuron damage. Overall, creatine shows promise beyond exercise, with potential benefits for heart, liver, brain and muscle health.

Key Takeaways Creatine is a well-studied compound that plays a role in energy production as well as supporting both physical and mental performance. Creatine is of interest for a range health conditions but more research is needed. Overall, creatine supplements are considered safe for a wide variety of uses.

Vegetarians and older adults in particular may find creatine supplementation is beneficial, since they are at higher risk of not receiving sufficient creatine from their diet.