



October 2026 Lunch Specials



SUNDAY	MEATLESS MONDAY	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 			<u>A La Carte</u> Entrée.....\$8.00 Vegan Entrée..\$5.75 Starch.....\$2.00 Vegetable.....\$2.00 Sandwich.....\$8.00	1 Grilled Pear & Steak Salad Grilled Pear Salad Warm Bread Fresh Corn Turkey & Chz Panini	2 Shrimp Po Boy Vegan Po Boy Cajun Sweet Potatoes Collard Greens BLT	3 Enchilada Casserole Spanish Rice Chili Lime Corn
4 Cobb Salad Quinoa & Rice Pasta Salad	5 Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower Egg Salad Sandwich	6 Pork Tamales Vegan Tamales Rice & Beans Zucchini Meatball Sub	7 Shepard's Pie Vegan Shepard's Pie Corn Bread Quinoa Kale Salad Chili Dog	8 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	9 Bulgogi Beef Noodle Bowl Tofu Noodle Bowl Spring Rolls Cucumber Salad Ham & Chz Panini	10 Lemon Caper Chicken Steamed Rice Green Beans
11 Tacos Al Pastor Refried Beans Chips and Guac	12 Salmon Caesar Salad Vegan Caesar French Bread Gazpacho Turkey Pesto Panini	13 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita Chicken Quesadilla	14 Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls Turkey Reuben	15 Lasagna Vegan Lasagna Garlic Bread Roasted Carrots Buffalo Chicken Sandwich	16 Turkey Picatta Vegan Picatta Herbed Farro Pilaf Grilled Asparagus Greek Tuna Wrap	17 Chicken Parmesan Garlic Bread Green Beans
18 Alaskan Sole Rice Pilaf Steamed Vegetables	19 Kale Salad Vegan Kale Salad Corn Bread Tomato Basil Soup Portobello Panini	20 Meatloaf Quinoa Patty with Mango Salsa Mashed Potatoes Roasted Broccoli Egg Salad Sandwich	21 Moroccan Chicken Vegan Moroccan Bowl Spiced Lentils Curried Cauliflower Caesar Wrap	22 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Reuben	23 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	24 Burger Bar Onion Rings Side Salad
25 BBQ Chicken Baked Beans Coleslaw	26 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Turkey Avocado	27 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Italian Sub	28 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad Club Sandwich	29 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Cuban	30 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Tuna Melt	31 Halloween Autumn Chili in a Bread Bowl Spaghetti Squash Apple Crisp 

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 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.

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Did you know you can reduce your risk of cancer? The International Agency for Research on Cancer estimates that, by 2040, there will be 3.12 million new cancer cases in the United States. Research shows that many of these cases could be prevented.

While cancer prevention is still being researched, we do know your chances of developing cancer can be affected by the lifestyle choices you make. In fact, research suggests about 20% of all cancer diagnosed in the United States is linked to diet, elevated body mass index (BMI), lack of physical activity and alcohol intake. Besides quitting smoking and protecting your skin from damaging UV rays, some of the most important things you can do to help reduce your cancer risk are eating right and being physically active on a regular basis throughout life.

Here are some general guidelines to help reduce your cancer risk through a healthful lifestyle:

- **Eat plenty of fruits and vegetables**, which are linked to a lower risk of certain cancers. Fill half your plate at each meal with a variety of colorful fruits and vegetables.
- **Eat fewer foods that are highly processed and low in nutrients**. Filling up on foods with added sugars and saturated fats leaves little room for nutrient-dense, cancer-preventive foods. You can still enjoy the foods you love, but the foods you eat should consist mostly of whole grains, vegetables, fruit, nuts, seeds and lean protein foods.
- **Focus on plant proteins**. Beans and lentils are nutritious and affordable sources of protein and dietary fiber. Research links high intakes of red, processed and charred meat with increased cancer risk, so eat these sparingly.
- **Limit alcohol**. Evidence suggests alcoholic drinks may increase your risk of breast, colorectal and other forms of cancer. If you're of legal drinking age and choose to drink, limit alcoholic beverages to one drink or less per day for women and two drinks or less per day for men on days when alcohol is consumed.