



May 2025 Dinner Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- 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

Pesto Salmon
Israeli Couscous
Asparagus

2

Meatloaf
Mashed Potatoes
Sautéed Zucchini

3

Gyro
Couscous
Hummus & Veggies

4

Chicken Cordon
Bleu
Macaroni & Cheese
Roasted Broccoli

5

Turkey Picatta
Mushroom Barley
Roasted Carrots

6

Shrimp Alfredo
Garlic Bread
Side Salad

7

French Dip
Potato Wedges
Coleslaw

8

Taco Bar
Black Beans
Chips & Guacamole

9

Pulled Pork
Sandwich
Macaroni Salad
Creamy Coleslaw

10

Flank Steak
Scalloped Potatoes
Kale Salad

11

Mother's Day
Brisket
Baked Potato
Roasted Carrots



12

Ahi Tuna Steaks
Rice Pilaf
Arugula Salad

13

Sausage & Kale
Alfredo
Sweet Potato
House Salad

14

Chinese Beef with
Broccoli and Rice
Veggie Spring Rolls
Pot Stickers

15

BBQ Ribs
Baked Beans
Corn on the Cobb

16

Chicken Fried Steak
Mashed Potatoes
Carrots

17

Chicken Mole
Tacos
Refried Beans
Spicy Cole Slaw

18

Shepard's Pie
Corn Bread
Quinoa Kale Salad

19

Lemon Pepper
Tilapia
Wild Rice
Steamed Broccoli

20

Burger Bar
Red Potato Wedges
Greek Salad

21

Chicken Parmesan
Garlic Bread
Green Beans

22

Turkey Pot Pie
Cheddar Biscuit
Glazed Carrots

23

Honey Baked Ham
Scalloped Potatoes
Green Beans

24

Pork Tenderloin
Macaroni & Cheese
Broccoli

25

Steak Tacos
Spanish Rice
Chips & Salsa

26

Beer Battered Cod
Macaroni Salad
Classic Carrot
Salad

27

Carnitas Burrito Bowl
Rice and Beans
Chips & Guacamole

28

Chicken Alfredo
Focaccia Bread
Steamed Broccoli

29

Lasagna
Garlic Bread
Spinach

30

Alaskan Sole
Lemon Orzo
Steamed Broccoli

31

Enchilada Casserole
Spanish Rice
Chili Lime Corn

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.

Start a Container Garden with Your Family

By Andrea Johnson, RD, CSP, LDN Published April 18, 2018



If you want to eat local, know where your food is coming from, save money and reap healthy rewards, start a home garden. There's a harvest of benefits when you involve kids in the process, too. Research shows children living in a home with a garden eat significantly more vegetables than those without access to a home garden.

A Fun Alternative

Does the space you have available at home limit your ability to garden? Or, are you worried about poor soil quality and neighborhood regulations? No worries, you can still plant a container garden! Container gardening is a great way to connect kids to where their food comes from. And, eating what you grow is a fun and wonderful experience for the whole family.

FlairImages/iStock/Thinkstock

Choosing a Container

Barrels and buckets work well and some people even use things such as wheelbarrows for containers. Hanging baskets are good options for small spaces. Clay pots can work for plants that don't need much soil. Match the size of the containers to the depth and amount of soil needed for the plants you want to grow, using seed packets as references. Before using a wood container, get advice from a local hardware store about safe types to use, as some old woods might have harmful chemicals. Similarly, avoid using containers that previously held toxic materials.

Finding a container with adequate drainage is key. If your container doesn't have holes in it, make a few half-inch holes near the bottom to allow water to run out. This will keep plant roots from rotting. To protect surfaces, you can put a saucer under the container to catch water — be sure to empty it regularly.

Planting the Crops

Start with a mixed blend of soil for best results, and then let your child dream of the colorful possibilities! Consider starting with something easy to grow — such as sugar snap peas or sweet cherry tomatoes. Or try any vegetable that your child is interested in growing. Seed packets will tell you the best times to plant different crops. You can start seedlings inside and transplant them to outdoor containers at the right time. Or, put starter plants from a greenhouse in your container.

Caring for Your Garden

When grown in containers, plants need food in the form of commercial fertilizer or compost materials. Ask the experts at your local garden center or agricultural extension program about the best options for your garden. Container plants also need water often — up to twice per day in hot weather. Pinch off dry leaves and buds to make room for healthy new ones to thrive.

Then, when harvest time comes, celebrate by taking a bite of your delicious produce!