



May 2025 Lunch Specials



SUNDAY

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



A La Carte

Entrée.....\$7.75
Vegan Entrée..\$5.50
 Starch.....\$2.00
 Vegetable.....\$2.00

Sandwich.....\$7.00

1

Burger Bar
Vegan Burger Bar
 Onion Rings
 Side Salad

Chili Dog

2

Turkey Taco Salad
Vegan Taco Salad
 Spanish Rice
 Guacamole & Chips

Philly Cheesesteak

3

Pork Tamales
 Rice & Beans
 Mexican Street Corn

4

Shepard's Pie
 Corn Bread
 Quinoa Kale Salad

5

Tuna Avocado
 Boats
**Vegan Avocado
 Boats**
 Toasted Croissant
 Watermelon Salad
 Egg Salad Sandwich

6

Flank Steak
Portabella Steak
 Baked Potato
 Roasted Beets

Ham & Chz Panini

7

Sausage & Kale
 Alfredo
**Vegan Sausage &
 Kale Pesto Pasta**
 Sweet Potato
 Arugula Salad

Reuben

8

Chicken Stir-Fry
Tofu Stir-Fry
 Veg Spring Rolls
 Cucumber Salad

Greek Tuna Wrap

9

Salmon Caesar
 Salad
Vegan Caesar Salad
 Warm Bread
 Tomato Soup

Turkey Reuben

10

Shrimp Ceviche
 Oat Muffin
 Spinach Salad

11 *Mother's Day*

Honey Baked Ham
 Breakfast Potatoes
 Arugula Salad



12



Hospital Week Lunch
 Hickory House BBQ
Black Bean Burgers
 Cheesy Potatoes
 Baked Beans
 Cornbread Muffins
 Coleslaw

13

Chicken Parmesan
Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

14

Niçoise Salad
Vegan Niçoise
 French Bread
 Gazpacho

Turkey Pesto Panini

15



Hospital Week Lunch
 Taco Bar
Vegan Taco Bar
 Rice and Beans
 Chips and Salsa
 All the Fixings

16

Lemon Pepper
 Tilapia
Chickpea Patty
 Wild Rice
 Steamed Broccoli

Ham & Chz Panini

17

Meatloaf
 Mashed Potatoes
 Sautéed Zucchini

18

Shepard's Pie
 Corn Bread
 Quinoa Kale Salad

19

Kale Salad
Vegan Kale Salad
 Corn Bread
 Watermelon Mint
 Salad

Portabella Panini

20

Gyro
Chickpea Falafel
 Greek Orzo
 Baba Ganoush
 with Pita

Turkey & Chz Panini

21

Turkey Pot Pie
Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli
 Salad

BLT

22

Cobb Salad
Vegan Cobb
 Quinoa & Rice
 Pasta Salad

Greek Tuna Wrap

23

Carnitas Burrito Bowl
Vegan Burrito Bowl
 Rice and Beans
 Chips & Guacamole

Buffalo Chicken
 Sandwich w/ Swiss

24

Flank Steak
 Baked Potato
 Roasted Broccoli

25

Lemon Caper
 Chicken
 Steamed Rice
 Green Beans

26

Pozole
Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Mushroom Quesadilla

27

Greek Turkey Burger
**Greek Portabella
 Burger**
 Orzo Salad
 Greek Salad

Turkey Bacon Wrap

28

Bento Beef Salad
Tofu Bento Salad
 Soba Noodles
 Peas & Carrots

Club Sandwich

29

Crispy Chicken
 Sandwich
**Meatless Chik'n
 Sandwich**
 Macaroni & Cheese
 Creamed Spinach

Italian Sub

30

Sausage & Kale
 Alfredo
**Vegan Sausage &
 Kale Pesto Pasta**
 Sweet Potato
 Arugula Salad

Hot Roast Beef

31

BBQ Chicken
 Pasta Salad
 Corn on the Cobb

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.

Understanding Seed Oils

Contributors: Serena Ball, MS, RDN **Reviewers:** Academy Staff RDNs **Published:** March 18, 2025



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Seed oils are oils extracted from the seeds of certain plants. While research suggests that a diet including seed oils is healthful, these oils have been blamed for conditions such as eczema, weight gain and inflammation, especially on social media. So, are these oils actually bad for your health?

When people talk about seed oils, eight specific oils get the most attention: canola, soybean, safflower, corn, cottonseed, grapeseed, rice bran and peanut oils. However, there are a wide variety of seed oils available, including those from sesame, flaxseed and walnut.

Omega-3 and Omega-6 Fatty Acids Seed oils are composed of differing amounts of saturated, monounsaturated and polyunsaturated fats. Polyunsaturated fats, or PUFAs, are often present in the highest amounts and are the focus of most seed oil debates. PUFAs include omega-3 and omega-6 fatty acids, which may help to decrease inflammation in the body when consumed in appropriate ratios. Although most seed oils have a much higher amount of omega-6 fatty acids compared to omega-3s, research on the ideal ratio is unclear. Omega fatty acids are often categorized as omega-3s are "good" and omega-6s are "bad," but it's not that simple. Omega-3 fatty acids (found in foods such as fatty fish, walnuts, chia and flax-seeds) can help support brain and heart health. But it's also true that omega-6 fats are beneficial for lowering the risk of heart disease.

How Seed Oils are Produced Besides being a source of omega-6, seed oils have been criticized for how they are produced. Some oils are expeller-pressed or cold-pressed, meaning that heat or chemicals are not used during the process of oil extraction. These oils are produced in small batches, can have a cloudy appearance and can go rancid quickly. In order to yield a clear, shelf-stable oil, producers use heat in extracting the oil from the seed. Chemical solvents may be used to make the extraction process more efficient with less waste. Concerns exist about the potential for chemicals to remain in some oils after processing. However, the Food and Drug Administration's Generally Recognized as Safe (GRAS) database notes there is no evidence to reasonably suspect a hazard to the public from the way they are used.

Should Some Seed Oils Be Avoided? It's important to consider a variety of factors when choosing what to eat. Top sources of seed oils for many Americans come from ultra-processed foods, such as baked goods, chips, frozen meals, convenience items and fried food, which lack nutrition.

If you find a seed oil listed in the ingredients of foods like whole-grain bread or peanut butter, review the Nutrition Facts label to see if the food provides other beneficial nutrients and fits into your healthy eating routine. Including more omega-3 fats in your day may be beneficial. Try sandwiching tuna fish between two slices of whole-grain bread or spreading the bread with peanut butter and sprinkling with ground flaxseed — another source of omega-3.

Cooking and Baking Seed oils such as grapeseed, canola and soybean (labeled as vegetable) have a high smoke point, which means they don't degrade during cooking. In addition, they are good substitutes for solid fats like butter, lard or shortening, which contain more saturated fats.

Using seed oils to prepare wholesome food at home can be beneficial to your health, especially when they are used to replace sources of saturated fat.

This substitution promotes healthful eating and can help to reduce total cholesterol and the risk of heart disease. In general, limit seed oil-containing packaged dessert and snack items, which lack in nutrients. However, there's no need to avoid seed oil-containing nutrient-dense foods such as nut butter and whole-grain breads.