



# August 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

BBQ Ribs  
Baked Beans  
Corn on the Cobb

2

Gyro  
Couscous  
Hummus & Veggies

3

Sausage & Kale  
Alfredo  
Sweet Potato  
House Salad

4

Chicken Mole  
Tacos  
Refried Beans  
Spicy Cole Slaw

5

French Dip  
Potato Wedges  
Coleslaw

6

Honey Baked Ham  
Scalloped Potatoes  
Green Beans

7

Chicken Cordon  
Bleu  
Macaroni & Cheese  
Roasted Broccoli

8

Meatloaf  
Mashed Potatoes  
Sautéed Zucchini

9

Chicken Fajitas  
Black Beans  
Chips & Fresh Pico

10

Flank Steak  
Scalloped Potatoes  
Kale Salad

11

Turkey Tacos  
Black Beans  
Chips & Guacamole

12

Pesto Salmon  
Israeli Couscous  
Asparagus

13

Burger Bar  
Red Potato Wedges  
Greek Salad

14

Enchilada Casserole  
Spanish Rice  
Chili Lime Corn

15

Pork Tenderloin  
Macaroni & Cheese  
Roasted Broccoli

16

Cobb Salad  
Quinoa & Rice  
Pasta Salad

17

Turkey Picatta  
Mushroom Barley  
Roasted Carrots

18

Beer Battered Cod  
Macaroni Salad  
Classic Carrot  
Salad

19

Chinese Beef with  
Broccoli and Rice  
Veggie Spring Rolls  
Pot Stickers

20

Chicken Alfredo  
Focaccia Bread  
Roasted Brussel  
Sprouts

21

Turkey Pot Pie  
Cheddar Biscuit  
Glazed Carrots

22

Lemon Pepper Tilapia  
Wild Rice  
Steamed Broccoli

23

Carnitas Burrito Bowl  
Rice and Beans  
Chips & Guacamole

24

Chicken Parnesan  
Garlic Bread  
Green Beans

25

Ahi Tuna Steaks  
Rice Pilaf  
Arugula Salad

26

Steak Tacos  
Spanish Rice  
Chili Lime Corn

27

Lemon Caper  
Chicken  
Steamed Rice  
Green Beans

28

Alaskan Sole  
Lemon Orzo  
Steamed Broccoli

29

Brisket  
Baked Potato  
Roasted Carrots

30

Crispy Chicken  
Sandwich  
Macaroni & Cheese  
Creamed Spinach

31

Pulled Pork  
Sandwich  
Macaroni Salad  
Corn on the Cobb

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 Mon-Fri**). 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.



# Forget Low-Fat and Low-Sugar — Concentrate on a Healthy Eating Pattern

**Contributors:** Sarah Klemm, RDN, CD, LDN **Published:** January 28, 2021 **Reviewed:** July 21, 2025



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If you find yourself questioning what a healthy diet looks like, you're not alone. With so many sources of diet advice, it can be hard to know which foods to eat more often and which to steer away from. Keep it simple and forget what's trending. Instead, focus on a balanced eating style with vegetables, fruits, whole grains, lean protein and dairy or non-dairy alternatives to provide you with the nutrients and energy you need.

**A Healthy Eating Pattern** Rather than focusing on a fat-free or sugar-free diet, look at your overall eating habits. One meal will not make or break your health. It's what you do most of the time that has a significant impact. Focus on including vegetables, fruits, whole grains, beans, seafood, lean meats and nuts. Meanwhile, limit processed meats, sugar-sweetened beverages, desserts and refined grains.

Vegetables and fruits should take up the most space on your plate — roughly half of your meal. Fill the remainder with whole grains and lean protein foods. While not every meal or snack requires each food group, pairing at least two or three different foods will help increase your satisfaction and deliver more nutrients. And don't forget to pay attention to your body's hunger and fullness signals.

**The Facts on Fat** Monounsaturated and polyunsaturated fatty acids play a role in healthy eating patterns. Sources of these heart-healthy fats include fatty fish, nuts and seeds, avocados and vegetable oils. For overall health, limit sources of saturated and trans fats.

## 3 Tips for Choosing Healthy Fats

1. Include sources of omega-3 fatty acids. Omega-3s are found in fatty fish such as salmon, trout or mackerel; walnuts; flaxseed; and canola oil.
2. If you eat meat, select lean cuts and remove skin from poultry.
3. Choose sources of unsaturated fat when cooking or assembling meals. Cook with olive or vegetable oils or create your own vinaigrette for salads.

**The Facts on Sugar** Foods with naturally occurring sugar, such as fruit and milk, are healthy choices. However, limiting sources of added sugar is recommended. Added sugars can be found in foods such as sugar-sweetened beverages and refined grain snacks and desserts.

## 3 Tips for Reducing Added Sugars

1. Choose water instead of sweetened beverages.
2. Instead of dessert, close out family mealtime with a cup of unsweetened decaf coffee or herbal tea. Or, satisfy a post-meal sweet tooth with a piece of fruit.
3. Swap flavored, sweetened yogurt with plain yogurt. Mix in fresh fruit for a nutritious, naturally sweet addition.