



August 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

French Dip
Stuffed Squash
 Potato Wedges
 Coleslaw

Chicken Salad

2

Turkey Tacos
 Spanish Rice
 Corn on the Cob

3

Thai Chicken Curry
 Naan Flatbread
 Carrot-Cumin Slaw

4

Niçoise Salad
Vegan Niçoise
 French Bread
 Gazpacho

Turkey Pesto Panini

5

Chicken Stir-Fry
Tofu Stir-Fry
 Veg Pot Stickers
 Cucumber Salad

Greek Tuna Wrap

6

Burger Bar
Vegan Burger Bar
 Onion Rings
 Side Salad

Chili Dog

7

Cobb Salad
Vegan Cobb
 Quinoa & Rice
 Pasta Salad

Greek Tuna Wrap

8

Pork Lettuce Wraps
Vegan Lettuce Wraps
 Fried Rice
 Spring Rolls

Turkey Bacon Wrap

9

Tamales
 Refried Beans
 Roasted Squash

10

BBQ Chicken
 Pasta Salad
 Creamy Coleslaw

11

Kale Salad
Vegan Kale Salad
 Corn Bread
 Watermelon Mint Salad
 Chicken Caesar Wrap

12

Flank Steak
Portabella Steak
 Baked Potato
 Roasted Cauliflower

Reuben

13

Gyro
Chickpea Falafel
 Greek Orzo
 Baba Ganoush with Pita

Turkey & Chz Panini

14

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

Italian Sub

15

Salmon Caesar Salad
Vegan Caesar Salad
 Warm Bread
 Watermelon Mint Salad

Turkey Reuben

16

Ramen
 Pot Stickers
 Spring Rolls

17

Alaskan Sole
 Wild Rice
 Steamed Broccoli

18

Shrimp Ceviche
Quinoa Patty with Mango Salsa
 Oat Muffin
 Spinach Salad

Portabella Panini

19

Turkey Pot Pie
Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli Salad

BLT

20

Tuna Avocado Boats
Vegan Avocado Boats
 Toasted Croissant
 Watermelon Salad

Egg Salad Sandwich

21

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

Buffalo Chicken Sandwich w/ Swiss

22

Chicken Parmesan
Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

23

Uncured Honey Ham
 Scalloped Potatoes
 Glazed Carrots

24

Lasagna
 Dinner Roll
 Spinach

25

Pozole
Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Mushroom Quesadilla

26

Greek Turkey Burger
Greek Portabella Burger
 Orzo Salad
 Greek Salad

Turkey Bacon Wrap

27

Bento Beef Salad
Tofu Bento Salad
 Soba Noodles
 Peas & Carrots

Club Sandwich

28

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

Hot Roast Beef

29

Butter Chicken & Rice
Vegan Curry & Rice
 Naan Flatbread
 Carrot-Cumin Slaw

Ham & Chz Panini

30

Shrimp Scampi
 Warm Bread
 Steamed Broccoli

31

Steak Tacos
 Spanish Rice
 Chips & Salsa

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.

What is Intermittent Fasting?

Contributors: Barbara Gordon, RDN, LD **Published:** May 07, 2019 **Reviewed:** July 21, 2025



LIgorko/iStock/Getty Images Plus/Getty Images

Put “intermittent fasting” into a search engine and you’ll pull up millions of hits! Articles discuss using intermittent fasting for managing weight loss, heart disease, Type 2 diabetes and sleep problems. Some even suggest that it may slow the aging process. However, the science on intermittent fasting is still evolving.

Read on to find out more about the different types of intermittent fasting and current research on this topic.

Alternate-day Fasting

What is it? Alternate-day fasting refers to rotating days of eating and days of fasting. On fasting days, no foods or beverages with calories are consumed. Calorie-free drinks, such as water, black coffee and tea are permitted. On non-fasting days, you can eat whatever you want — although following healthful eating guidelines is recommended. Theoretically, over the course of a week, you would have cut the total number of calories that you typically consume. And, over time, by eating fewer calories, the pounds would be expected to drop off.

Is it effective for weight loss? Studies suggest that following an alternate-day fast is as effective as a typical low-calorie weight-loss plan. However, as the description reveals, this is a challenging fasting pattern, and side effects reported include strong feelings of hunger and decreased concentration on fasting days. Also, some studies revealed that people ate more than usual on non-fasting days. Studies on alternate-day fasting are somewhat limited and most have been over short periods of time. More research is needed on alternate-day fasting as an approach to weight loss.

Modified Fasting

What is it? Modified fasting involves eating very little amounts of food on fasting days. Some modified fasts restrict intake on fasting days to 20% to 25% of needed calories. Others advocate limiting intake on fasting days to only 500 calories. Another version, referred to as the 5:2 fast, calls for fasting two days per week.

Participants on this fast follow their usual eating patterns on the other five days of the week.

Is it effective for weight loss? The results of modified fasting for weight loss are contradictory. Participants in some modified fasting weight loss studies lost more weight than those on traditional weight-loss diets, although the difference was not significant. Other studies found no difference in weight loss between modified fasting and a reduced calorie diet. At this time, there is not enough research to know if this dietary pattern is a safe and effective way to lose weight.

Time-restricted Fasting

What is it? Time-restricted fasting limits the intake of calories primarily to waking hours. The goal is to fast eight to 12 hours per day with the bulk of the fast occurring while you are sleeping. This is an easier fasting pattern for people who do not snack after dinner or eat breakfast immediately upon rising.

Is it effective for weight loss? The jury is still out about the effectiveness of time-restricted fasting for weight loss. Some studies suggest it has a similar effect as alternate-day fasting. Most studies do not show a significant difference between time-restricted fasting and traditional calorie restriction on weight loss.

The Bottom Line Intermittent fasting is not currently a recommended treatment for weight loss or any other health condition. There needs to be more research, especially regarding any negative side effects of fasting, such as the risk of nutrient deficiencies. Intermittent fasting may pose a health risk for certain individuals, so it is not recommended for people with diabetes, women who are pregnant or breastfeeding and individuals with a history of eating disorders or disordered eating. Anyone considering fasting should first discuss it with a doctor, especially if taking medications that may need to be adjusted.