



October 2025 Dinner Specials



SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEATLESS MONDAY - 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>	1	2	3	4
		Entrée.....\$7.75 Starch.....\$2.00 Vegetable.....\$2.00	Meatloaf Mashed Potatoes Sautéed Zucchini	Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	French Dip Potato Wedges Coleslaw	Honey Baked Ham Scalloped Potatoes Green Beans
		5	6	7	8	9
		Gyro Couscous Hummus & Veggies	Chicken Mole Tacos Refried Beans Spicy Cole Slaw	Turkey Pot Pie Cheddar Biscuit Glazed Carrots	Cobb Salad Quinoa & Rice Pasta Salad	Sausage & Kale Alfredo Sweet Potato House Salad
		10	11	12	13	14
		Burger Bar Red Potato Wedges Greek Salad	Turkey Tacos Black Beans Chips & Guacamole	Flank Steak Scalloped Potatoes Kale Salad	Beer Battered Cod Potato Salad Classic Carrot Salad	Chicken Alfredo Focaccia Bread Roasted Brussel Sprouts
15	16	17	18	19	20	21
Steak Tacos Spanish Rice Chili Lime Corn	Turkey Picatta Mushroom Barley Roasted Carrots	Pork Tenderloin Macaroni & Cheese Roasted Broccoli	Lemon Caper Chicken Steamed Rice Green Beans	Carnitas Burrito Bowl Rice and Beans Chips & Guacamole	Ahi Tuna Steaks Rice Pilaf Arugula Salad	BBQ Ribs Baked Beans Corn on the Cobb
22	23	24	25	26	27	28
Tacos Al Pastor Spanish Rice Chips and Guac	Crispy Chicken Sandwich Macaroni & Cheese Creamed Spinach	Chinese Beef with Broccoli and Rice Veggie Spring Rolls Pot Stickers	Chicken Parmesan Garlic Bread Green Beans	Chicken Fried Steak Baked Potato Side Salad	Alaskan Sole Lemon Orzo Steamed Broccoli	Brisket Baked Potato Roasted Carrots
29	30	31				
Pulled Pork Sandwich Macaroni Salad Corn on the Cobb	Chicken Fajitas Black Beans Chips & Fresh Pico	Hungarian Goulash Dinner Rolls Side Salad				



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.

Metabolism Myths and Facts

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Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity. Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep the body running.

Claim: Our metabolic rate doesn't change.

The truth: While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing lean muscle mass. Muscle is metabolically active, which means that people with lean, muscular bodies need more energy to function than people with a higher percentage of body fat.

Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process with strength training and muscle building activities to help lessen the decline.

Claim: Green tea and chili peppers will boost your metabolism.

The truth: No magic food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift isn't significant.

The path to a healthy lifestyle includes a balanced eating pattern filled with nutrient-rich foods.

Claim: Eating late at night slows metabolism.

The truth: There is little evidence to support the claim that eating after 8 p.m. causes weight gain. However, some people may be more likely to snack mindlessly in the evenings, especially while watching television. Eat regular meals and snacks throughout the day to prevent extreme swings in hunger and fullness. If you're snacking later in the evening, do so mindfully and stop when you're satisfied.

Claim: Very low-calorie diets and skipping meals can jumpstart weight loss.

The truth: Creating a large calorie deficit in attempts to lose weight can backfire. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine and that it needs to do more with fewer calories.

Resist the urge to crash diet and instead prioritize healthful foods, including whole grains, legumes, vegetables and fruits and fun physical activity. Don't forget about stress management and proper sleep. These healthy lifestyle behaviors contribute to overall well-being.