



October 2025 Lunch Specials



SUNDAY		MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
- 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> Entrée.....\$7.75 Vegan Entrée...\$5.50 Starch.....\$2.00 Vegetable.....\$2.00 Sandwich.....\$7.00	1 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	2 Grilled Peach & Steak Salad Grilled Peach Salad Warm Bread Fresh Corn Egg Salad	3 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad BLT	4 Burger Bar Onion Rings Side Salad
5 Chicken Stir-Fry Veg Pot Stickers Cucumber Salad	6 Squash Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower Egg Salad Sandwich	7 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita Turkey Reuben	8 Beef Stroganoff Vegan Stroganoff Dinner Rolls Sautéed Kale & Mushrooms Caesar Wrap	9 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Greek Tuna Wrap	10 Pork Lettuce Wraps Vegan Lettuce Wraps Fried Rice Spring Rolls Turkey Bacon Wrap	11 Brisket Latkes Roasted Carrots	
12 Lemon Caper Chicken Steamed Rice Green Beans	13 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad Portabella Panini	14 Hungarian Goulash Vegan Goulash Dinner Rolls Side Salad Turkey Bacon Wrap	15 Tacos Al Pastor Vegan Tacos Al Pastor Refried Beans Chips and Guac Buffalo Chicken Sandwich w/ Swiss	16 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	17 Flank Steak Portabella Steak Baked Potato Roasted Cauliflower Reuben	18 Uncured Honey Ham Scalloped Potatoes Roasted Broccoli	
19 Greek Turkey Burger Orzo Salad Greek Salad	20 Niçoise Salad Vegan Niçoise French Bread Gazpacho Turkey Pesto Panini	21 French Dip Stuffed Squash Potato Wedges Coleslaw Chicken Salad	22 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans Meatball Sub	23 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss	24 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Turkey & Chz Panini	25 Chinese Beef with Broccoli Pot Stickers Spring Rolls	
26 Lasagna Dinner Roll Spinach	27 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	28 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Ham & Chz Panini	29 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	30 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Tuna Melt	31 Halloween Autumn Chili in a Bread Bowl Quinoa Chili in a Bread Bowl Spaghetti Squash Apple Crisp Autumn Chili Dog		

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.

School Food Options for Kids with Food Allergies

Contributors: Jill Weisenberger, MS, RDN, CDE, FAND **Published:** August 21, 2019 **Reviewed:** August 21, 2025



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Whether at a restaurant, school or a friend's house, if your child has a food allergy, eating outside the home may be stressful. Fortunately, there are resources to help. For children heading to school or daycare, working with teachers, staff and health care providers can help put both kids and parents at ease.

Meet with Staff

Make a field trip to meet with the school cafeteria manager. Be sure the staff recognizes your child and they know the problem foods or ingredients. It also can be helpful to identify a go-to person your child is comfortable with asking if a food is safe to eat.

Communicate what type of reactions your child has, and which foods affect them. Make sure to have your child's pediatrician fill out any forms the school may need and always have medication available in case of emergencies.

Be Prepared

Get a copy of the monthly menu to review with your child. That way, you both know which menu options are safe to eat. Feel free to ask the school for ingredient lists of prepared foods and recipes.

Consider making a food allergy action plan in case of emergencies and share it with your child's teacher and school. Young children may communicate that they're having an allergic reaction differently than older children or adults would. Make sure everyone is aware of the signs and symptoms of an allergic reaction.

Peanut Allergies

Peanut allergies are on the rise. According to the Food Allergy & Education organization, the number of children with a peanut or tree nut allergy in the U.S. more than tripled between 1997 and 2008. Many schools avoid peanuts and peanut butter in their menus, but not all schools. If peanuts are a concern to your family, be certain to ask which foods may contain them. Peanut butter cookies are an obvious example, but peanuts and peanut products may be hidden in sauces, gravies, salad dressings, chicken salad, egg rolls and a variety of foods from global cuisines. Many schools serve a popular peanut butter substitute made from sunflower seeds. If your school doesn't already offer it, ask them to have it on hand.

Gluten-Free Options

Because of celiac disease or other intolerances, some students avoid gluten, a protein in wheat, barley and rye. Some easy-to-spot sources of gluten are bread, pasta, pizza and breaded items like fish or chicken nuggets. Cross-contact with serving and prep utensils also can be a source of gluten. Checking labels in advance can be especially helpful for parents and school foodservice staff.

Regardless of what type of allergy or sensitivity your child has, it's important to be prepared by talking to both your child and the school staff. Help your child feel comfortable by focusing on what is safe to eat and not just what must be avoided.