

November 2025 Dinner Specials

SUNDAY

MEATLESS MONDAY

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.....\$5.98
Starch.....\$1.50
Vegetable.....\$1.50

1

French Dip
Potato Wedges
Coleslaw

2

Honey Baked Ham
Scalloped Potatoes
Green Beans

3

Chicken Alfredo
Focaccia Bread
Roasted Brussel
Sprouts

4

Meatloaf
Mashed Potatoes
Sautéed Zucchini

5

Sausage & Kale
Alfredo
Sweet Potato
House Salad

6

Turkey Pot Pie
Cheddar Biscuit
Glazed Carrots

7

Chicken Cordon
Bleu
Macaroni & Cheese
Roasted Broccoli

8

Brisket
Baked Potato
Roasted Carrots

9

Pork Tenderloin
Macaroni & Cheese
Roasted Broccoli

10

Beer Battered Cod
Potato Salad
Classic Carrot
Salad

11

Turkey Tacos
Black Beans
Chips & Guacamole

12

Burger Bar
Red Potato Wedges
Greek Salad

13

Cobb Salad
Quinoa & Rice
Pasta Salad

14

Steak Tacos
Spanish Rice
Chili Lime Corn

15

Shepard's Pie
Corn Bread
Quinoa Kale Salad

16

Ham & Swiss Quiche
Breakfast Potatoes
Arugula Salad

17

Alaskan Sole
Lemon Orzo
Steamed Broccoli

18

Flank Steak
Scalloped Potatoes
Kale Salad

19

Tacos Al Pastor
Spanish Rice
Chips and Guac

20

Crispy Chicken
Sandwich
Macaroni & Cheese
Creamed Spinach

21

BBQ Ribs
Baked Beans
Corn on the Cobb

22

Lemon Caper
Chicken
Steamed Rice
Green Beans

23

Chicken Parmesan
Garlic Bread
Green Beans

24

Ahi Tuna Steaks
Rice Pilaf
Arugula Salad

25

Gyro
Couscous
Hummus & Veggies

26

Chinese Beef with
Broccoli and Rice
Veggie Spring Rolls
Pot Stickers

27

Thanksgiving
Special All Day!



28

Carnitas Burrito Bowl
Rice and Beans
Chips & Guacamole

29

Turkey Picatta
Mushroom Barley
Roasted Carrots

30

Chicken Fajitas
Black Beans
Chips & Fresh Pico

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.



10 Holiday Home Food Safety Tips

Contributors: Esther Ellis, MS, RDN, LDN **Published:** December 23, 2019 **Reviewed:** September 13, 2023



Enjoying food with family and friends is one of the highlights of the holiday season! While it's great that everyone wants to help, too many cooks in the kitchen can result in an increased risk of food poisoning, which can cause severe and even life-threatening illness. Easy-to-follow, safe food handling practices help protect everyone in the family from getting sick.

Here are some food safety tips to help avoid common kitchen blunders when preparing meals, buffets and even homemade food gifts this holiday season.

Share the Gift of Home Food Safety This Season

Follow these simple steps to properly handle food and reduce the risk of food poisoning:

- **Defrost carefully.** Never allow foods to thaw at room temperature, on the counter or in warm water. Defrost food only in the refrigerator, microwave or in a cool water bath (inside a leak-proof plastic bag) with water that is changed every 30 minutes. When defrosting food in the refrigerator, remember to cover raw meat and place it on the bottom shelf so juices won't drip onto other foods. When thawing food in the microwave, cook it immediately afterward.
- **Wash hands before, during and after food preparation.** Proper hand-washing may eliminate a large percentage of food poisoning cases. Remember to wash hands when switching tasks, such as handling raw meat and then cutting vegetables. Wash with soap in clean, running water for at least 20 seconds.
- **Keep kitchen surfaces clean.** Use hot, soapy water to wash countertops and surfaces, cutting boards, refrigerator door handles and utensils. After tidying up, keep it clean by avoiding cross-contamination.
- **Use two cutting boards.** Dedicate one for raw meat, poultry and fish and the other for ready-to-eat foods, such as fruits and vegetables. Make it easy to remember by using color-coded cutting boards, one for raw meats and one for ready-to-eat foods.
- **Employ different utensils for different tasks.** Use separate spoons and forks to taste, stir and serve.
- **Resist temptation.** When baking, avoid eating foods containing raw eggs or uncooked flour, such as cookie dough or batter. These may contain bacteria that can lead to food poisoning if not cooked first.
- **Buy and use a food thermometer.** It is the only reliable way to determine the doneness of your food and ensure it is cooked to proper internal temperatures.
- **Refrigerate food within two hours of serving.** This helps to prevent the growth of harmful bacteria that can lead to food poisoning and is especially important when serving buffets.
- **Know how to handle mold.** Discovering your ingredients have gone bad can be disappointing, but don't put your family or guests at risk by serving food that may make them ill. A few foods, such as firm fruits and vegetables and hard cheese, can still be used if you remove about one inch around the moldy spot. Soft fruits, vegetables, cheeses, casseroles and any foods with a high moisture content, such as bread, jam or yogurt, should be discarded if it begins to mold.

Are Your Guests at High Risk for Food Poisoning?

While you should always practice safe food handling, some guests might be particularly vulnerable to food poisoning, including older adults, pregnant women, young children and people with weakened immune systems. This may mean taking special precautions and keeping certain high-risk foods off the menu.