

November 2025 Lunch Specials

SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Did you know?

- Everything is priced a la carte
- Entrées in **GREEN** are Vegan or Vegetarian
- Breakfast is served 7:30-10am
- Lunch is served 11:30-2pm
- Dinner is served 5-7pm

A La Carte

Entrée.....\$5.98
Vegan Entrée...\$4.25
 Starch.....\$1.50
 Vegetable.....\$1.50

Sandwich.....\$5.45

1

Chicken Stir-Fry
 Veg Pot Stickers
 Cucumber Salad

2

Brisket
 Baked Beans
 Roasted Carrots

3

Squash Ravioli
Spaghetti Squash
w/ Mushroom Ragu
 Pumpkin Bread
 Roasted Cauliflower

Egg Salad
 Sandwich

4

Turkey Pot Pie
Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli
 Salad

BLT

5

Chicken Tikka Masala
Vegan Tikka Masala
 Naan Flatbread
 Carrot-Cumin Slaw

Philly Cheesesteak

6

Beef Stroganoff
Vegan Stroganoff
 Dinner Rolls
 Sautéed Kale &
 Mushrooms

Caesar Wrap

7

Chicken Shawarma
Chickpea Falafel
 Baba Ganoush
 Tzatziki with Pita

Ham & Chz Panini

8

Pork Lettuce Wraps
 Fried Rice
 Spring Rolls

9

Shepard's Pie
 Corn Bread
 Quinoa Kale Salad

10

Cobb Salad
Vegan Cobb
 Quinoa & Rice
 Pasta Salad

Greek Tuna Wrap

11

Tacos Al Pastor
Vegan Tacos Al Pastor
 Refried Beans
 Chips and Guac

Buffalo Chicken
 Sandwich w/ Swiss

12

Chicken Cacciatori
Vegan Cacciatori
 Warm Bread
 Side Salad

Turkey Bacon Wrap

13

Salmon Caesar
 Salad
Vegan Caesar Salad
 Warm Bread
 Watermelon Mint
 Salad

Portabella Panini

14

Burger Bar
Vegan Burger Bar
 Onion Rings
 Side Salad

Turkey Reuben

15

Lemon Caper
 Chicken
 Steamed Rice
 Green Beans

16

Chinese Beef with
 Broccoli
 Pot Stickers
 Spring Rolls

17

Niçoise Salad
Vegan Niçoise
 French Bread
 Gazpacho

Turkey Pesto Panini

18

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

Italian Sub

19

Hungarian Goulash
Vegan Goulash
 Dinner Rolls
 Side Salad

Turkey & Chz
 Panini

20

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

Tuna Melt

21

Flank Steak
Portabella Steak
 Baked Potato
 Roasted Cauliflower

Reuben

22

Gyro
 Greek Orzo
 Baba Ganoush
 with Pita

23

Lasagna
 Dinner Roll
 Spinach

24

Pozole
Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Veggie Quesadilla

25

Bento Beef Salad
Tofu Bento Salad
 Soba Noodles
 Peas & Carrots

Club Sandwich

26

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

Buffalo Chicken
 Sandwich w/ Swiss

27

Thanksgiving
 Special All Day!



28

Chicken Parmesan
Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

29

French Dip
 Potato Wedges
 Coleslaw

30

Turkey Pot Pie
 Cheddar Biscuit
 Vegan Broccoli
 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.



New Holiday Traditions

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The holidays are a time that tends to be full of traditions. This year, make food safety part of the tradition by looking at old habits and replacing them with these simple home food safety tips!

Reckless Thawing

- **Old Habit:** Thawing frozen turkey or other meats on the kitchen counter or under hot water in the kitchen sink.
- **New Tradition:** To prevent the spread of harmful bacteria, frozen meats and poultry should be thawed in a refrigerator set at or below 40°F. If pressed for time, you can thaw a wrapped frozen turkey in a sink filled with cold tap water, making sure to change the water every 30 minutes. Depending on the size of the turkey, it may be defrosted in the microwave, but check the owner's manual for your machine and be prepared to cook it right after thawing. A frozen turkey also can be cooked in the oven to its safe, minimum internal temperature of 165°F, but it will take longer to cook than if it is thawed first.

Holding Out on Hot Stuff

- **Old Habit:** When preparing a cooked dish that needs to chill (for storage or serving purposes), waiting until foods cool before putting them in the refrigerator.
- **New Tradition:** To ensure the freshness and safety of your freshly cooked foods, place them promptly in the refrigerator after cooking. Using shallow containers will allow them to cool more quickly.

Covered Dish Delivery

- **Old Habit:** For holiday festivities with family and friends that require travel, bringing dishes to share on long car rides.
- **New Tradition:** Pay close attention to how much time your prepared dish will be out of the refrigerator or oven. A cold dish can be packed in a cooler with ice packs to keep it cold while traveling. Hot dishes can be transported in an insulated bag that is intended to keep foods hot or covered with foil and insulated with towels. Cold dishes should be kept below 40°F and hot dishes above 140°F. If the dish is outside these temperature zones for two hours or more, it should be discarded.

Rocking the Gravy Boat

- **Old Habit:** Forgetting to bring gravy to a boil before serving it with leftovers.
- **New Tradition:** In order to eliminate harmful bacteria, always bring leftover gravy to a boil on the stove before serving it a second time. Any leftover gravy should be used within three to four days.

Festive Floor-Grazing

- **Old Habit:** Abiding by the "five-second-rule" to determine how long food is safe to eat after it falls on the floor.
- **New Tradition:** Tragic as it may be when a holiday treat topples to the ground, it's never a good idea to eat it. In the spirit of "out with the old, in with the new," toss it.