

January 2026 Dinner Specials

SUNDAY



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.....\$7.75
Starch.....\$2.00
Vegetable.....\$2.00

1

Pork Tamales
Rice & Beans
Zucchini

Happy
New Year

2

Sausage & Kale
Alfredo
Sweet Potato
House Salad

3

Chicken Cordon
Bleu
Macaroni & Cheese
Roasted Broccoli

4

Gyro
Couscous
Hummus & Veggies

5

Beer Battered Cod
Macaroni Salad
Classic Carrot
Salad

6

Meatloaf
Mashed Potatoes
Sautéed Zucchini

7

BBQ Ribs
Baked Beans
Corn on the Cobb

8

Chicken Alfredo
Focaccia Bread
Roasted Brussel
Sprouts

9

French Dip
Potato Wedges
Coleslaw

10

Turkey Pot Pie
Cheddar Biscuit
Glazed Carrots

11

Steak Tacos
Spanish Rice
Chili Lime Corn

12

Turkey & Quinoa
Stuffed Peppers
Dinner Roll
Spinach Soufflé

13

Burger Bar
Onion Rings
Greek Salad

14

Ham & Swiss Quiche
Breakfast Potatoes
Arugula Salad

15

Pork Tenderloin
Macaroni & Cheese
Roasted Broccoli

16

Cobb Salad
Quinoa & Rice
Pasta Salad

17

Brisket
Corn Bread
Roasted Carrots

18

Crispy Chicken
Sandwich
Macaroni & Cheese
Creamed Spinach

19

Alaskan Sole
Lemon Orzo
Steamed Broccoli

20

Shepard's Pie
Corn Bread
Quinoa Kale Salad

21

Tacos Al Pastor
Spanish Rice
Chips and Guac

22

Chicken Parmesan
Garlic Bread
Green Beans

23

Chinese Beef with
Broccoli and Rice
Veggie Spring Rolls
Pot Stickers

24

Turkey Tacos
Black Beans
Chips & Guacamole

25

Honey Baked Ham
Scalloped Potatoes
Green Beans

26

Ahi Tuna Steaks
Rice Pilaf
Arugula Salad

27

Roasted Chicken
Roasted Potatoes
Roasted Brussel
Sprouts

28

Turkey Picatta
Mushroom Barley
Roasted Carrots

29

Carnitas Burrito Bowl
Rice and Beans
Chips & Guacamole

30

Flank Steak
Scalloped Potatoes
Kale Salad

31

Lemon Caper
Chicken
Steamed Rice
Green Beans

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 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.

Ice Speed: Fueling Strategies for Hockey

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When it comes to fueling the body, the demands of high school ice hockey players are high. Speeding explosively across the ice requires muscle strength, endurance and superior skating skills. Consuming optimal foods and fluids, both on and off the ice, is essential to sustain energy levels throughout the school day, during practice and in preparation for competition.

Hockey training, muscle building and growth require plenty of calories — most of which come from carbohydrates. That's because both on-ice and weight room workouts are predominantly fueled by muscle carbohydrate, or glycogen, and need to be replenished between daily training sessions. For optimal recovery, include healthful sources of carbohydrates such as whole grains, low-fat or fat-free milk and yogurt, fruits and vegetables. Try adding whole-grain cereals, breads and pasta, potatoes and winter squash to meals. Low-fat yogurt cups and fruit are quick and easy snack choices.

Daily protein requirements can easily be met from a well-balanced eating plan that includes adequate amounts of poultry, fish, lean red meat, low-fat cheese, milk and yogurt, and plant-based protein such as beans. But to maximize muscle building and recovery, consider the specific nutrient-timed choices outlined below:

- Aim for a snack that provides 15 to 20 grams of high-quality protein plus 25 grams of carbohydrate one hour before resistance training. For example, this could come from 2 cups of low-fat milk. Add another 25 grams of carbohydrate, such as a large banana, if the weight training session is followed by ice time practice. Pre-hydrate with 16 to 24 ounces of fluid which may include the milk.
- After weight training, rehydrate with 20 ounces of fluid for every pound of weight lost during practice. Replenish after your workout with a snack that provides 20 grams of high-quality protein and at least 50 grams of carbohydrate, such as a high-protein smoothie or a sports bar.
- Follow practice or a game with a meal about two hours later. Aim for a meal with about a quarter of your plate coming from protein foods and half your plate made up of whole-grain carbohydrates such as whole-grain pasta or brown rice. The remaining quarter of your plate should be filled with vegetables or fruit.

Protein foods to choose before and after weight training may include low-fat or fat-free yogurt, cottage cheese, plain milk or fortified soy milk, cooked chicken, eggs, lean red meat, peanut butter, tuna, tofu and tempeh. High-protein energy bars are easy to pack and convenient when other foods aren't available. Read labels — look for products that provide 10 grams of protein and avoid those containing high amounts of saturated fat or added sugars.

Hydration on the ice also is essential to minimize the performance-draining effects of dehydration. For workouts lasting more than 75 minutes, consume a sports drink at the rate of 5 to 10 fluid ounces every 15 to 20 minutes.