

January 2026 Lunch Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Did you know?

- 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**

A La Carte

Entrée.....\$7.75
Vegan Entrée..\$5.50
 Starch.....\$2.00
 Vegetable.....\$2.00

Sandwich.....\$7.00

1

Pork Tamales
Vegan Tamales
 Rice & Beans
 Zucchini

Happy New Year

2

Beef Stroganoff
Vegan Stroganoff
 Dinner Rolls
 Sautéed Kale & Mushrooms

Ham & Chz Panini

3

Lemon Caper Chicken
 Steamed Rice
 Green Beans

4

Brisket
 Baked Beans
 Roasted Carrots

5

Cobb Salad
Vegan Cobb
 Quinoa & Rice
 Pasta Salad

Greek Tuna Wrap

6

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

Buffalo Chicken Sandwich

7

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

Philly Cheesesteak

8

Burger Bar
Vegan Burger Bar
 Onion Rings
 Side Salad

Turkey Reuben

9

Turkey Pot Pie
Vegan Pot Pie
 Cheddar Biscuit
 Vegan Broccoli Salad

BLT

10

Gyro
 Greek Orzo
 Baba Ganoush with Pita

11

Shepard's Pie
 Corn Bread
 Quinoa Kale Salad

12

Salmon Caesar Salad
Vegan Caesar Salad
 Warm Bread
 Watermelon Mint Salad

Portabella Panini

13

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

Tuna Melt

14

Flank Steak
Portabella Steak
 Baked Potato
 Roasted Cauliflower

Reuben

15

Chicken Shawarma
Chickpea Falafel
 Baba Ganoush
 Tzatziki with Pita

Caesar Wrap

16

Hungarian Goulash
Vegan Goulash
 Dinner Rolls
 Side Salad

Turkey Panini

17

BBQ Chicken
 Pasta Salad
 Creamy Coleslaw

18

Lasagna
 Dinner Roll
 Spinach

19

Niçoise Salad
Vegan Niçoise
 French Bread
 Tomato Soup

Turkey Pesto Panini

20

Chinese Beef with Broccoli
Tofu with Broccoli
 Pot Stickers
 Spring Rolls

Egg Salad Sandwich

21

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

Italian Sub

22

Brisket
Portabella Steak
 Latkes
 Roasted Carrots

BLT

23

Chicken Cacciatore
Vegan Cacciatore
 Warm Bread
 Side Salad

Turkey Bacon Wrap

24

Beef Stew
 Dinner Roll
 Sautéed Kale and Mushrooms

25

Enchilada Casserole
 Spanish Rice
 Sautéed Spinach

26

Pozole
Vegan Pozole
 Chips and Salsa
 Jicama Slaw

Veggie Quesadilla

27

Gyro
Chickpea Falafel
 Greek Orzo
 Baba Ganoush with Pita

Philly Cheesesteak

28

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

Buffalo Chicken Sandwich w/ Swiss

29

Chicken Parmesan
Eggplant Parmesan
 Garlic Bread
 Green Beans

Meatball Sub

30

Bento Beef Salad
Tofu Bento Salad
 Soba Noodles
 Peas & Carrots

Club Sandwich

31

Polish Kielbasa
 Potato Pierogies
 Sautéed Peppers & Sauerkraut

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.

Winter Foods for Kids

Contributors: Karen Collins, MS, RDN, CDN, FAND

Reviewers: Academy Staff RDNs **Published:** December 14, 2021 **Reviewed:** November 02, 2023



XiXinXing/iStock/Getty Images Plus/Getty Images

When the temperatures drop and the daylight hours are shorter, energy levels can take a big dip, right along with mood. Kids might be less active in the cold, winter months, making it extra important to focus on getting the right nutrition this time of year. Changes in mood, energy, focus, appetite and sleep aren't uncommon but could be signs of a more serious underlying condition. If you're concerned about your child's emotional and mental health, have a conversation with your child and their pediatrician. Healthful food choices also can help support your child's mental health. Consider including the following foods to help your kids stay healthy — and happy — this winter.

Salmon Amino acids such as tryptophan, tyrosine and glutamine are a few of the building blocks of protein found in salmon and other protein foods. These amino acids produce neurotransmitters that contribute to mood regulation. Emerging research links nutrients in fish with lower risk of depression. Salmon is packed with omega-3 fatty acids, which have been shown in some studies to help manage depression. While we need more research to confirm mental health benefits, we already know that fish is an excellent heart-healthy source of protein. Some kids will eat salmon broiled or grilled — try using a marinade or sauce they love on other foods — or cut the fish into small pieces and make kebabs with veggies.

Clementines Clementines are an adorable winter citrus, packed with vitamin C, which helps keep immune systems strong. They also provide dietary fiber. Kids love that they're usually seedless, easy to peel and fun to eat, making them perfect for school lunchboxes or snacks. You also can toss the sections into salads to make greens more appealing.

Winter Squash Butternut squash is rich in vitamin A and carotenoids, which have been shown to benefit heart health and immunity. It's also a good source of dietary fiber, which helps keep blood sugar levels stable. Most winter squash varieties are naturally sweet, and what kid doesn't like sweet? Try roasting butternut or acorn squash and tossing with cinnamon and maple syrup. Spaghetti squash is another popular winter squash. Try baking it and adding your child's favorite pasta sauce on top.

Sweet Potatoes Packed with vitamin A and potassium, another great source of dietary fiber is sweet potatoes. Their mellow, sweet taste works in all kinds of recipes. Slice into thin "coins" and toss with canola or olive oil before roasting. Sweet potato puree can be used in foods including macaroni and cheese, oatmeal and brownies. Try swapping in baked sweet potatoes as an alternative to French fries. Have your kids help with peeling so they're involved in the cooking process.

Cauliflower This member of the cruciferous veggie family has been noted for its high phytochemical content. Cauliflower is delicious on its own but easily blends with other flavors. It's rich in vitamin C and a good source of vitamin K for a healthy immune system and healthy bones. And that's not all! Cauliflower also is a good source of folate, a B-vitamin important for growth and development, while dietary fiber promotes stable energy levels and digestion. Cauliflower is delicious roasted, but if your kid is averse to eating veggies, try making cauliflower "rice" in a food processor and adding it to a stir-fry.