

# August Dinner Specials 2020

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

1

Beer Battered Cod  
Macaroni Salad  
Classic Carrot Salad

2

BBQ Chicken  
Pasta Salad  
Corn on the Cobb

3

Alaskan Sole  
Lemon Orzo  
Sautéed Zucchini

4

Turkey Picatta  
Mushroom Barley  
Parsnips & Carrots

5

Sausage & Kale  
Alfredo  
Dinner Rolls  
½ Sweet Potato

6

Chicken Stir-Fry  
Egg Roll  
Sautéed Bok Choy

7

Meatloaf  
Mashed Potatoes  
Sautéed Zucchini

8

Piña Pork Tacos  
Rice and Beans  
Pablano & Bell Peppers

9

Spaghetti & Meatballs  
Garlic Bread  
Green beans

10

Lemon Pepper Tilapia  
Wild Rice  
Peas and Carrots

11

Chicken Alfredo  
Focaccia Bread  
Steamed Broccoli

12

Seasoned Pork Loin  
Red Potatoes  
Side Salad

13

Chicken Fried Steak  
Baked Potato  
Steamed Broccoli

14

Ahi Tuna Steak  
Wild Rice  
Yellow Squash

15

Lasagna  
Garlic Bread  
Steamed Spinach

16

Honey Baked Ham  
Macaroni & Cheese  
Green Beans

17

Kale Caesar Salad  
Assorted Rolls  
Avocado Half

18

Spanish Paella  
Baguette  
Roasted Vegetables

19

Flank Steak  
Scalloped Potatoes  
Warm Spinach and Mushrooms

20

Chicken Cordon Bleu  
Steamed Rice  
Side Salad

21

Turkey Pot Pie  
Cheddar Biscuit  
Glazed Carrots

22

BBQ Ribs  
Corn Bread  
Coleslaw

23

Burger Bar  
Onion Rings  
Greek Salad

24

Pesto Salmon  
Israeli Couscous  
Asparagus

25

Chicken Parmesan  
Bread Sticks  
Green Beans

26

Cobb Salad  
Bread Stick  
Gazpacho

27

Chinese Beef with Broccoli  
Steamed Rice  
Veggie Egg Roll

28

Gyro Wrap  
Hummus and Pita  
Cucumber and Tomato Salad

29

Enchilada Casserole  
Spanish Rice  
Sautéed Spinach

30

Turkey Tacos  
Refried Beans  
Guacamole & Chips

31

Shrimp Scampi  
Dinner Roll  
Steamed Broccoli

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.



# Introducing New Flavors to Babies

By Mindy Hermann, MBA, RD Published May 29, 2019



*paupop/iStock/Thinkstock*

Believe it or not, babies start tasting foods long before they get the first spoonful of cereal. In fact, researchers at the Monell Center in Philadelphia discovered that a baby's sensory system can taste flavors from its mother's diet that travel through the mother's bloodstream into the amniotic fluid.

## **Breast Milk Introduces New Flavors**

Your newborn tastes more new flavors during breast-feeding. Spices, herbs and natural flavors from foods such as onions and garlic can give breast milk a distinct taste. This introduces your baby to the taste of foods in your diet. Breast-feeding moms should eat a diversity of foods — especially fruits and vegetables — to maximize the nutritional content of their breast milk.

## **Try Foods More Than Once**

Babies are naturally afraid of new things so you may have to serve the same food several times before your child takes a taste. If your child doesn't like a food, reintroduce it again in a few days to build exposure and familiarity. One of the best things parents can do is make mealtimes calm and enjoyable. Refrain from pressuring your child to eat certain foods. Model good eating behavior in front of your children, and keep exposing them to a variety of colorful foods.

Once your child has progressed to table foods, serve dishes with seasonings that are part of your family food culture such as cinnamon, curry powder, chili powder, cilantro or garlic. Avoid highly spicy seasonings that could irritate the mouth or tongue such as cayenne pepper or hot sauce until your child is a bit older. Also, keep salt to a minimum so that your child gets used to the natural flavors of unsalted or lightly salted foods.