

August Lunch Specials 2020



SUNDAY

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
 Turkey Tacos
 Black Beans
 Fresh Salsa & Chips

2 BBQ Ribs Corn Bread Coleslaw	3 Shrimp Ceviche Quinoa Patti/Mango Corn Bread Spinach Salad Crab Cake	4 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Philly Cheesesteak	5 Beef Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita Reuben	6 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Cup of Gazpacho BLT	7 Oven Fried Chicken Chickpea Patty Macaroni & Cheese Steamed Broccoli Meatball Sub	8 Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms
9 Enchilada Casserole Spanish Rice Sautéed Spinach	10 Niçoise Salad Vegan Niçoise French Bread Cup of Roasted Carrot Soup Egg Salad	11 Barbacoa Tacos Sweet Potato Tacos Chips & Pico de Gallo Black Bean Corn Salsa Turkey Avocado	12 Chicken Souvlaki Vegan Kabobs Warm Pita Greek Side Salad Tuna Melt	13 Sausage & Kale Alfredo Kale Pesto Pasta Bread Sticks ½ Sweet Potato Italian Sub	14 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	15 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut
16 Pulled Pork on Bun Jalapeño Cornbread Cole Slaw	17 Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad Portabella Panini	18 Pollo Asado Seitan Asado Raquelitas Tortillas Pablano Peppers and Onions Turkey Reuben	19 Gyro Hummus Platter Greek Couscous Fattoush Salad Buffalo Chicken Sandwich w/ Swiss	20 Ahi Tuna Steak Quinoa Patty Wild Rice Spicy Edamame Mushroom Quesadilla	21 Chicken Parmesan Eggplant Parmesan Bread Sticks Green Beans Turkey Avocado	22 Shrimp Fajitas Refried Beans Sautéed Peppers
23 Flank Steak Baked Potato Asparagus	24 Tuna Avocado Boats Vegan Avocado Boats Toasted Croissant Radish Salad Egg Salad	25 Spicy Beef Tacos Quinoa Cauliflower Tacos Spanish Rice Guacamole & Chips Club Sandwich	26 Greek Turkey Burger Greek Portabella Burger Mediterranean Orzo Arugula Salad Chicken Quesadilla	27 Buffalo Chicken Salad Vegan Buffalo Salad Baked Potato Steamed Veggies Hot Ham and Swiss	28 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Chicken Salad	29 Thai Chicken Curry Naan Flatbread Carrot-Cumin Slaw
30 Seasoned Pork Loin Garlic Red Potatoes Warm Cherry Tomato Salad	31 Lemon Pepper Tilapia Chickpea Patty Hummus and Pita Tabouli Salad Greek Tuna Wrap	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.				

Nursing Your Baby? What You Eat and Drink Matters

Reviewed by Sarah Klemm, RDN, CD, LDN Published March 29, 2020

Human breast milk is the perfect nutrition source for an infant. It strikes a balance of carbohydrates, protein, fat, water and other nutrients. It's easily digested and absorbed, and its composition naturally changes as a baby's developmental needs change.

Mother's milk is rich in antibodies, it builds a baby's immune system into robust defense force, and seems to support establishment of health-supporting bacteria in a baby's digestive tract. But does what a mother eats or drinks impact the milk she breast-feeds her child?



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While nursing babies are unlikely to develop a food allergy from breast-feeding, some foods may not agree with the infant. Some foods that may cause an infant to be fussy during feedings are: spicy foods or gas-producing vegetables such as cabbage and broccoli. If this happens, avoid that particular temporarily and try it again when your baby is a little older.

Keep Hydrated

As a nursing mother, you need about 16 cups per day of water, which can come from food, beverages and drinking water, to compensate for the extra water that is used to make milk. One way to help you get the fluids you need is to drink a large glass of water each time you breast-feed your baby. Babies typically do not need anything but their mothers' milk to stay hydrated. If your infant appears dehydrated due to vomiting or diarrhea that lasts 24 hours or more, consult your baby's doctor.

What about Caffeine?

A mother who drinks small amounts of caffeine throughout the day is unlikely to affect her nursing newborn's sleep patterns; however, breast-feeding women should discuss their intake with a health care provider.

Alcohol during Nursing

If you breast-feed, it's best to abstain from alcohol or discuss it first with a health care provider. If your baby's breast-feeding behavior is well established, consistent, and predictable, a mother who is of legal drinking age may consume a single alcoholic drink if she then waits four hours or longer before breast-feeding (no earlier than at 3 months of age). Many women have heard that drinking beer increases milk supply, but this is not true. If you do decide to have that glass of wine or beer, there are some steps you can take to make sure it does not interfere with nursing. To ward off dehydration, be sure to drink a glass of water in addition to the alcoholic drink. And because it can take a few hours for alcohol to fully clear from your body, preparation and timing of a nursing mother's drink is key. Time your drink so that your baby won't be nursing for a few hours afterwards by having it right after a feeding, for example, or during one of your baby's longer stretches of sleep. Another option would be for you to bottle-feed your baby previously expressed breast milk.

Is Fish OK?

Fish and seafood provide important nutrients. To reduce your exposure to known chemical contaminants such as mercury, avoid eating large bottom-dwelling fish while breast-feeding. Examples of fish to avoid include shark, swordfish, king mackerel, marlin, orange roughy and tilefish. Eight to 12 ounces of a variety of lower mercury fish every week is recommended with a maximum of 6 ounces white (albacore) tuna per week. Check local advisories about eating locally caught fish. If no advice is posted, limit your intake of locally caught fish to 4 ounces per week and consume no other fish during that same week.