



September 2026 Dinner Specials



SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>A La Carte</u> Entrée.....\$8.00 Starch.....\$2.00 Vegetable.....\$2.00	1 Greek Turkey Burger Orzo Salad Greek Salad	2 Sausage & Kale Alfredo Sweet Potato House Salad	3 Meatloaf Mashed Potatoes Roasted Carrots	4 Gyro Couscous Hummus & Veggies	5 Bento Beef Salad Soba Noodles Peas & Carrots
6 Tacos Al Pastor Spanish Rice Chips and Guac	7  Brisket Corn Bread Roasted Carrots	8 Chicken Alfredo Focaccia Bread Roasted Brussel Sprouts	9 Turkey Picatta Mushroom Barley Grilled Asparagus	10 BBQ Chicken Pasta Salad Corn on the Cobb	11 French Dip Potato Wedges Coleslaw	12 Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli
13 BBQ Ribs Baked Beans Corn on the Cobb	14 Lemon Pepper Tilapia Wild Rice Steamed Carrots	15 Chicken Tikka Masala Naan Flatbread Carrot-Cumin Slaw	16 Pork Tenderloin Roasted Red Potatoes Roasted Cauliflower	17 Burger Bar Onion Rings Greek Salad	18 Enchilada Casserole Spanish Rice Chili Lime Corn	19 Chinese Beef with Broccoli and Rice Veggie Spring Rolls Pot Stickers
20 Cobb Salad Couscous Cucumber Salad	21 Beer Battered Cod Macaroni Salad Creamy Coleslaw	22 Carnitas Burrito Bowl Rice and Beans Chips & Guacamole	23 Crispy Chicken Sandwich Macaroni & Cheese Creamed Spinach	24 Flank Steak Scalloped Potatoes Kale Salad	25 Turkey Pot Pie Cheddar Biscuit Garden Salad	26 Chicken Parmesan Garlic Bread Green Beans
27 Chicken Fried Steak Mashed Potatoes Roasted Carrots	28 Salmon Caesar Salad Dinner Roll Minestrone Soup	29 Lasagna Garlic Bread Sauteed Zucchini	30 Shrimp Scampi Bread Stick Asparagus	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 		

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 Mon-Fri**). 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.

For Tops in Nutrition, Shop Farmers Market

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What's your biggest obstacle to healthful eating? Perhaps you think fruits and vegetables are too expensive or just don't like the way they taste. Your local farmers markets can help you overcome these barriers.

Food at the farmers market can be more affordable and is often locally grown and naturally ripened. Taste also is a key deciding factor in our food choices. Delicious, fresh produce can help us eat the recommended amounts of fruits and vegetables.

Talk to the Farmer to Learn More

Farmers markets are wonderful places to find your favorite summer foods such as tomatoes, berries, beets and herbs, but market-goers will find joy in discovering new foods as well. And when you encounter a new fruit variety or heirloom vegetable you've never seen before, you're in the right place to find out more about it — you can ask the farmer who grew it! They will likely have recommendations on preparing and serving the food, too. Talking to the farmers also is a great idea if your goal is to buy locally or organically grown foods. Some farmers say they use organic methods, but choose not to submit to the process required to legally use the term; some farmers use a mixture of organic and conventional methods; some farmers make absolutely no claim to being organic; and some small organic farmers are permitted to call themselves "organic" but are not "certified organic." If these are important factors to you, be sure to ask farmers how they grow their food.

What's in Season?

To find your local markets and learn what your local farmers are harvesting right now, consider using websites such as [LocalHarvest.org](https://localharvest.org) and [Local Food Directories](#). Even experienced farmers market patrons will benefit from these resources.

Tips for Shopping at the Farmers Market

While many markets have sellers offering items such as free-range eggs, fresh breads and pastries, local honey, grass-fed beef and fresh-cut flowers, be sure to stock up on produce. Also, be mindful of food safety and pay attention to the vendors' food safety practices as you shop. For example, all meat and dairy products should be in a cooler with ice.

There are a couple strategies to get the best results out of farmers markets depending on your purpose. If you want your pick of the most visually pleasing, photo-quality produce, you'll need to arrive before the crowds. If you want deals, however, go ahead and sleep in. Sometimes sellers offer discounts for produce remaining at the end of the day.