



September 2026 Lunch Specials



SUNDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>A La Carte</u> Entrée.....\$8.00 Vegan Entrée.\$5.75 Starch.....\$2.00 Vegetable.....\$2.00 Sandwich.....\$8.00	1 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots	2 Pork Tamales Vegan Tamales Rice & Beans Zucchini	3 Chicken Shawarma Chickpea Falafel Baba Ganoush Tzatziki with Pita	4 Bulgogi Beef Noodle Bowl Tofu Noodle Bowl Spring Rolls Cucumber Salad	5 Cobb Salad Quinoa & Rice Pasta Salad
		Club Sandwich	Meatball Sub	Chicken Quesadilla	Ham & Chz Panini	
6 Lemon Caper Chicken Steamed Rice Green Beans	7  BBQ Ribs Black Bean Burger Corn Bread Corn on the Cobb Chili Dog	8 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Turkey & Chz Panini	9 Lasagna Vegan Lasagna Garlic Bread Roasted Carrots Buffalo Chicken Sandwich	10 Pork Lettuce Wraps Veg. Lettuce Wraps Fried Rice Spring Rolls Turkey Reuben	11 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Cuban	12 Gringo Tacos Black Beans Pico de Gallo & Chips
13 Flank Steak Baked Potato Roasted Cauliflower	14 Chicken Caesar Salad Vegan Caesar French Bread Gazpacho Turkey Pesto Panini	15 Turkey Picatta Vegan Picatta Herbed Farro Pilaf Grilled Asparagus Greek Tuna Wrap	16 Meatloaf Quinoa Patty with Mango Salsa Mashed Potatoes Roasted Broccoli Egg Salad Sandwich	17 Moroccan Chicken Vegan Moroccan Bowl Spiced Lentils Curried Cauliflower Caesar Wrap	18 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Reuben	19 Alaskan Sole Rice Pilaf Steamed Vegetables
20 BBQ Chicken Baked Beans Coleslaw	21 Kale Salad Vegan Kale Salad Corn Bread Tomato Basil Soup Portobello Panini	22 Chicken Tikka Masala Vegan Tikka Masala Naan Flatbread Carrot-Cumin Slaw Philly Cheesesteak	23 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Vegan Broccoli Salad Club Sandwich	24 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	25 Burger Bar Vegan Burger Bar Onion Rings Side Salad Tuna Melt	26 Tacos Al Pastor Refried Beans Chips and Guac
27 Shrimp Scampi Garlic Bread Arugula Salad	28 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Turkey Avocado	29 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Italian Sub	30 Chicken Parmesan Eggplant Parmesan Garlic Bread Green Beans BLT	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.

Keeping Your Lunch Safe

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We've all been guilty at one time or another of putting a frozen meal in our work bag or a sandwich in our backpack in the morning and forgetting about it until lunchtime. However, lunches containing perishable foods should never be left out of refrigeration for more than two hours, (one hour if the temperature is above 90 degrees Fahrenheit). Thankfully, there are a variety of ways to keep your packed lunch safe.

Food Safety Tips When Packing a Lunch

Reduce your risk of food poisoning with these tips to keep food safe as it travels from the kitchen to the school cafeteria or office.

- The one- to two-hour countdown starts the minute you make lunch, not when you get to school or the office.
- Invest in an insulated lunch box for every member of the family and don't forget to wash the lunch boxes on a daily basis.
- Find out if your children have access to a refrigerator at school, and instruct them to put lunches in the refrigerator as soon as they get to school. Take your own advice and put your lunch in the refrigerator or freezer as soon as you arrive at work.
- Always include a frozen icepack (even in an insulated lunch box) to keep perishable foods cold until lunchtime. You also can freeze an individual juice box or bottle of water to serve as an ice pack. By lunchtime, the juice or water should be thawed and ready to drink and foods should still be cold.
- If refrigeration is unavailable at your child's school or if you tend to forget to put your lunch in the refrigerator or freezer when you get to the office, pack shelf-stable foods such as trail mix, cereal, granola bars, bagels, nuts and seeds, carrot and celery sticks, cherry tomatoes, whole fruit, dried fruit, single-serve applesauce and whole-grain crackers.
- About to cook that frozen meal you left on your desk all morning? Stop! Frozen meals are not meant to be defrosted before cooking.
- It's not just about keeping cold foods cold — keeping hot foods hot is just as important. Fill an insulated bottle with boiling water to preheat the container before storing foods such as soup, chili or stew. These items also can be packed and stored cold, then reheated when you're ready to eat.
- Don't keep lunch leftovers for an afternoon snack, unless they are put back in the refrigerator within two hours, and tell your kids to always throw away perishable foods right after lunch.