

AUGUST MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

The Suggested Contribution for participants age 60+ is \$3.50.

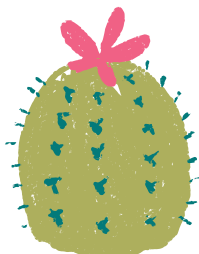
Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY

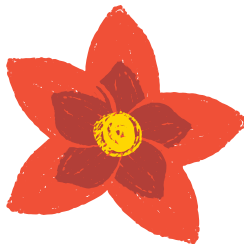
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Menu subject to change due to availability.

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

1 Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and a Banana.

4

Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, Mandarin Orange Slices, and Whole Wheat Fig Newtons.

5

Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.

6

Salisbury Steak, Mashed Potatoes, Normandy Vegetables, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

7

Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

8

Chicken Parmesan, Italian Blend Vegetables, Wax Beans, Whole Wheat Penne Pasta, an Italian Breadstick, and Strawberries.

11

Veggie Lasagna, Yellow Squash, 5-Way Vegetable Mix, and Cubed Mangoes.

12

Roasted Pork** Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.

13

Bean and Cheese Burrito with Mexican Corn, Bell Peppers and Onions,, Spanish Brown Rice, and Cubed Mangoes.

14

Meatloaf, Roasted Skin-On Potatoes, Brussels Sprouts, a Whole Grain Roll, and a Peach Crisp with Oatmeal Topping.

15

Chicken Kiev, Stewed Tomatoes, Italian Green Beans, a Whole Wheat Roll, and a Granny Smith Apple.

18

Beef Stir Fry with Rice, Bell Peppers and Onions, Asian Vegetable Blend, Roasted Tomatoes, and a Banana.

19

Chicken Taco on a Whole Wheat Tortilla, Refried Beans, Corn, and Pineapple Chunks.

20

Baked Ham** with Pineapple, Yams, Edamame, a Whole Wheat Roll, and Apricot Slices.

21

Beef Philly Cheesesteak on a Whole Wheat Hoagie, Mixed Vegetables, Potato Chips, and A Pear.

22

Tuna Salad Sandwich on Whole Grain Bread, Celery and Carrot Sticks, Broccoli Salad with Bacon Bits**, and Mandarin Orange Slices.

25

Cheese Ravioli with Spinach, Italian Vegetable Blend, Cauliflower, a Whole Grain Bread Stick, and Sliced Apples.

26

Beefy Mac and Cheese, 4-Way Vegetable Mix, Carrot Coins, a Whole Wheat Roll, and an Orange.

27

Scrambled Eggs with Diced Bell Pepper and Onion, Turkey Sausage, Tater Tots, a Whole Wheat Tortilla, and Mandarin Oranges.

28

Grilled Chicken with Roasted Tomatoes, 3-Bean Salad, a Whole Wheat Roll, and a Mixed Fruit Cup.

29

Garlic and Lemon Baked Tilapia with Spinach, Peas, Brown Rice Pilaf, and a Banana.

Better Sleep Through Food and Habits

Sleep supports our physical and mental health, regulates emotions, and improves memory - especially as we age. Yet, 1 in 3 adults doesn't get the recommended 7-9 hours per night.

While chronic insomnia often requires a multi-pronged approach - including medical support and lifestyle changes - certain foods may help.

Foods to Try:

- **Cheese** - Rich in tryptophan, magnesium, zinc, and B6. Try it with whole-grain crackers.
- **Kiwi** - High in serotonin and anti-inflammatory compounds.
- **Nuts & Seeds** - Almonds, pistachios, walnuts, pumpkin/sesame seeds are good choices.
- **Brown Rice** - Boosts serotonin; offers B vitamins, fiber, and magnesium.
- **Tart Cherry Juice** - Contains melatonin; choose low- or no-sugar varieties.
- **Turkey** - High in tryptophan; helps build up serotonin over time. Eat earlier in the evening.

Important Nutrients:

- **Magnesium** - helps produce melatonin, reduces stress hormones, and calms the nervous system.
- **Melatonin** - regulates your sleep-wake cycle.
- **Serotonin** - helps promote restful sleep and is a melatonin precursor.
- **Tryptophan** - an amino acid your body uses to make serotonin and melatonin.

Other Tips for Better Sleep:

- **Control temperature** - Cool environments support better sleep.
- **Limit blue light** - Avoid phones/tablets before bed; dim lights and create calm.
- **Upgrade bedding** - A supportive mattress can reduce discomfort and improve rest.
- **Consult your doctor** - Conditions like apnea, chronic pain, or depression can affect sleep.

Combining nutrient-rich foods with good sleep hygiene can make a noticeable difference in the quality of your sleep over time. Think of your diet as one more tool in your sleep toolkit. Always consult a physician before adding a new supplement into your diet.

OTHER ASTER PROGRAMS FOR YOU



CENTER SERVICES

Our Centers are social hubs, with lunch meals, education programs, and social activities.



IN-HOME SUPPORT

Providing transportation, grocery shopping, well visits, respite, personal care, and housekeeping.



SOCIAL SERVICES

Helping navigate & access services and health resources, as well as being an NCOA Benefits Enrollment Center.