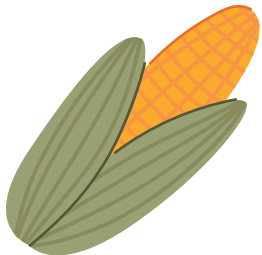
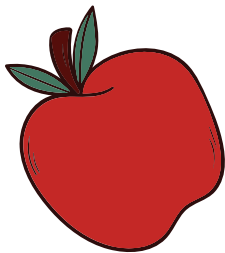
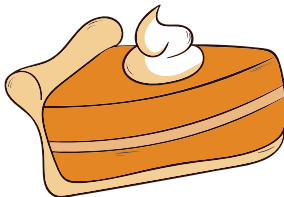
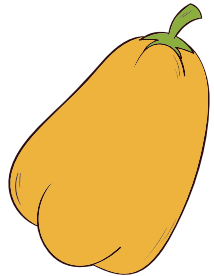


NOVEMBER MENU

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.

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail.	Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie.	Salisbury steak, mashed potatoes, green beans, a whole wheat dinner roll, and a whole banana.	Bean and cheese burrito with bell pepper and onion, roasted corn, Spanish brown rice, and cubed mangoes.	Chicken salad with grapes, pecans, and cranberries, pasta salad, a whole wheat dinner roll, and sliced pears.
10	11	12	13	14
Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.	Chicken enchilada on a whole wheat tortilla, sweet corn, black beans, and grapes. The Red Mountain Senior Center will be closed on November 11.	Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.	Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.	Chicken salad with bacon**, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.
17	18	19	20	21
Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.	Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.	Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.	Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.	Turkey and gravy with carrots, mashed potato, whole wheat stuffing, strawberries, and pumpkin pie. Join us to celebrate Thanksgiving!
24	25	26	27	28
Shrimp scampi on whole wheat angel hair pasta, roasted Brussels sprouts, caprese salad, and mango chunks.	Chicken fajitas with bell peppers and onions on a whole wheat tortilla, roasted corn and black beans, brown rice, and pineapple chunks.	Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY
Items with **contain pork or pork products. Menu subject to change due to availability.				

Making Every Bite Count: Healthy Eating with MyPlate

Good nutrition doesn't have to be complicated. The U.S. Department of Agriculture has developed a free, easy to use tool called MyPlate that helps older adults plan meals, shop smarter, and eat healthier for less, especially important as cooler months bring changes in appetite and food availability.

MyPlate emphasizes balance: half your plate fruits and vegetables, the other half grains and protein, plus some dairy. This simple visual helps ensure nutrient needs are met as metabolism and calorie requirements shift with age. The MyPlate for Older Adults guide also highlights practical ways to maintain energy, muscle strength, and independence through smart food choices.

Start by taking the MyPlate Quiz to assess your current habits and get tailored tips, like adding more whole grains or choosing lean proteins. It's a quick way to see where your diet stands and how to make small, realistic improvements.

When meal planning, use MyPlate's online tools to learn portion sizes, serving suggestions, and food safety basics. Seasonal changes can make fresh produce harder to find, but frozen and canned fruits and vegetables are nutritious alternatives. Staying hydrated is another year round priority; drink water regularly, even if you don't feel thirsty.

To stretch your food budget, try MyPlate's Shop Simple tool. Enter your ZIP code to locate nearby stores that accept SNAP benefits or offer coupons. You can even search for healthy recipes based on what's affordable or available.

Whether you use the website or the free Start Simple with MyPlate app, these resources make healthy eating achievable for every older adult. As the seasons turn, making every bite count can help you stay active, nourished, and well through the winter and beyond.

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.