


SEPTEMBER 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.

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
CLOSED FOR LABOR DAY HOLIDAY	Turkey with Mashed Potatoes and Gravy, a Whole Grain Roll, Green Beans, and Pineapple Chunks.	Shrimp Alfredo on Whole Wheat Penne Pasta, Mixed Vegetables, Broccoli, and a Banana.	Chicken with Curry Sauce on Whole Wheat Penne Pasta, Edamame, Winter Vegetable Mix, and Apricots.	Vegetarian Lasagna, Normandy Vegetable Blend, Green Garden Salad, a Whole Wheat Roll, and Grapes.
8 Hamburger on a Whole Wheat Bun with Baked Beans, Steamed Cabbage, an Orange and Vanilla Pudding.	9 Chicken Summer Salad with Grapes, Pecans, and Cranberry, Marinated Vegetable Salad, Creamy Cucumber Salad, a Whole Wheat Roll, and Honeydew.	10 Beef Tacos with Tomato and Lettuce, Corn, Refried Beans, a Whole Grain Tortilla, and Peaches.	11 Roasted Pork** Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.	12 Chicken Caesar Wraps with Whole Wheat Tortilla, 3-Bean Salad, and Grapes.
15 Turkey with Mashed Potatoes and Gravy, Green Beans, a Whole Grain Roll, Pineapple Chunks, and Whole Wheat Fig Newtons.	16 Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.	17 Beef and Broccoli, Edamame, Asian Veggie Mix, Brown Rice Pilaf, and Pear Slices.	18 Scrambled Eggs and Turkey Sausage, Tater Tots, a Side of Spinach, a Whole Wheat Tortilla, and Mandarin Orange Slices.	19 Penne Pasta and Beef Meatballs, Green Beans, Garden Green Salad, a Bread Stick, and Sliced Pears.
22 Shrimp Alfredo on Penne Pasta, Broccoli, Mixed Vegetables, and Pineapple Chunks.	23 Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.	24 Beef Stew, Carrots and Potatoes, Broccoli, a Whole Wheat Biscuit, and Apricot Slices.	25 Barbeque Chicken Breast on a Whole Wheat Bun, Potato Wedges, 4-Way Veggie Medley, and Grapes.	26 Veggie Lasagna, Normandy Vegetables, Garden Green Salad, a Whole Wheat Roll, and a Banana.
29 Open-Faced Roast Beef Sandwich on Whole Wheat Bread, Roasted Red Potatoes, Green Beans, Mandarin Orange Slices, and Whole Wheat Fig Newtons.	30 Cheese Ravioli with Spinach, 3-Bean Salad, Sliced Beets, a Whole Grain Roll, and Pineapple Chunks.			Items with **contain pork or pork products. Menu subject to change due to availability.



Nutrition Drinks: Help or Hype for Older Adults?

Good nutrition supports health and independence at every age, yet many older adults face challenges that put them at risk for malnutrition. Loss of appetite, illness, or difficulty preparing meals can lead to unintentional weight loss and frailty. One common concern is not getting enough protein, which is vital for muscle strength, bone health, and a strong immune system.

To address these needs, many turn to supplemental nutrition drinks such as "Ensure" or "Boost". Unlike beverages meant to quench thirst, these products provide concentrated calories, protein, vitamins, and minerals. They can be helpful when food intake is low, particularly between meals, to prevent weight loss and maintain strength.

However, nutrition drinks are not a perfect substitute for balanced meals. They may contain added sugars and often lack fiber, an important nutrient for digestive health. In fact, a glass of flavored milk can provide protein and calories comparable to many supplements, while also offering naturally occurring nutrients.

Specialized formulations are available, such as high-protein options for rebuilding muscle or reduced-carbohydrate versions for people with diabetes. Still, because whole foods deliver a broader range of benefits, supplemental drinks should be seen as an addition to—not a replacement for—healthy eating.

For those experiencing poor appetite or weight loss, a supplemental drink may be useful, but it is wise to consult a healthcare provider or registered dietitian first. Together, you can decide whether these drinks fit into your diet and how to use them most effectively.

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.