



DECEMBER 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

1

Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.

TUESDAY

2

Beef tacos on a whole wheat tortilla, Chuck Wagon corn, pinto beans, and strawberries with cream.

WEDNESDAY

3

Barbeque pork** sandwich on a whole wheat bun, baked beans, yellow squash, and watermelon slices.

THURSDAY

4

Beef lasagna, 4-way-vegetables, zucchini, whole wheat bread sticks, and a banana.

FRIDAY

5

Cod fillet, Brussels sprouts, corn, brown rice, and apricot slices.

8

Shepard's pie with beef, mashed potatoes, peas and carrots, a whole wheat dinner roll, and strawberries.

9

Honey garlic chicken with Asian vegetable mix, edamame, brown rice, and tropical fruit.

10

Shrimp Alfredo on linguine noodles with broccoli and cauliflower, 5-way-vegetable mix, and an orange.

11

Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries.

12

Chicken pot pie with celery and carrots over a whole wheat biscuit, 4-way-vegetable mix, and pineapple chunks.

15

Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.

16

Chicken tacos on a whole wheat tortilla, refried beans, roasted corn, and Mandarin orange slices.

17

Beef Strogano over egg noodles, green beans, a garden side salad, and mango cubes.

18

Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, Fig Newtons, and a pear.

19

Tri Tip roast with gravy, baked potato, cauliflower, a whole wheat roll, apple crisp with oatmeal, and cake.

**Join us for our
Holiday Luncheon!**

22

Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange.

23

Pot roast with gravy, potatoes with carrots and celery, sweet corn, a whole wheat biscuit, and a banana.

24

Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, chopped veggie salad, and a pear.

Red Mountain Closed

25

**CLOSED FOR
CHRISTMAS
HOLIDAY
DECEMBER 25, 2025**

26

Tuna salad sandwich on whole wheat bread with baby carrots, 3-bean salad, and Mandarin orange slices.

29

Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail.

30

Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie.

31

Corned beef, cabbage, red potatoes, whole wheat rye bread, and mixed berries.

1

**CLOSED FOR NEW
YEAR'S DAY
JANUARY 1, 2026**

Items with **contain pork or pork products.

Menu subject to change due to availability.

Happy Healthy-Days

Some of the first images that come to mind when thinking about the holidays are those sugar plums dancing in our heads. While it's fine to indulge in seasonal savorys, it's important for seniors to keep their health and nutrition in check.

Plan to Partake Mindfully

Try to account for the options beforehand, and make decisions about which holiday treats you (or your aging loved one) would really enjoy the most. Decide that those will be your picks, and then plan healthy meals and snacks around them. Pay particular attention to the extra salt and sugar.

Support Smaller Portions with Smaller Plates

Whether you're sitting down for a holiday dinner or snacking on some seasonal treats, consider utilizing a smaller plate than you're used to. Seeing a full plate can help your brain register that you're eating a satisfactory amount of food, even if it's in smaller quantities.

Fill Up on the Good Stuff First

It may seem obvious, but if you fill your belly with nutritious foods (think: fruits, vegetables and lean protein), you're less likely to overindulge on some of the other holiday offerings that contain greater amounts of fat, sugar and salt.

Don't Get Carried Away with Salt

Many seniors have lost about two thirds of their overall taste buds by age 70, impacting their sensitivity to tastes like salty. When this happens, it's common for people to sprinkle extra salt on their selections or opt for high-salt dishes. But this can be dangerous for seniors, who are already at higher risk of experiencing health conditions like high blood pressure, obesity and cardiovascular disease.

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.