

# OCTOBER 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

Items with \*\*contain pork or pork products.

Menu subject to change due to availability.

## TUESDAY



## WEDNESDAY

1

Spaghetti and meatballs, Italian green beans, side salad, a whole wheat breadstick, and an apple crisp with oatmeal.

## THURSDAY

2

Roast turkey and gravy with mashed potatoes and broccoli, a whole wheat dinner roll, mixed fruit salad, and Fig Newtons.

## FRIDAY

3

Pork loin\*\*, potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.

6

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

7

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

8

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

9

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

10

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

13

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

14

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

15

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

16

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

17

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

20

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

21

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

22

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

23

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

24

Meatloaf with gravy, mashed potatoes, Normandy vegetables, a whole wheat dinner roll, and a peach crisp with oatmeal.

27

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

28

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

29

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

30

Roast beef open-faced sandwich on whole wheat bread with gravy, mashed potatoes, green beans, sliced apples, and graham crackers.

31

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

## Vitamin D: A Key Nutrient for Healthy Aging

We all have heard of vitamin D, but what exactly is it, and why does it matter for older adults? This essential nutrient plays a key role in keeping bones strong, muscles functional, and the immune system resilient, yet many older adults struggle to get enough.

Vitamin D is essential for maintaining strong bones, muscle function, and overall health, especially as we age. However, older adults often face challenges in obtaining adequate vitamin D, increasing their risk for deficiency. Factors such as reduced sun exposure, limited dietary intake, and age-related changes in skin and kidney function can contribute to lower vitamin D levels.

A deficiency in vitamin D can lead to weakened bones, increasing the risk of fractures and falls. It can also cause muscle weakness and pain, which may affect mobility and independence. Additionally, insufficient vitamin D has been linked to a higher risk of chronic conditions such as cardiovascular disease and diabetes in older adults.

To ensure adequate vitamin D intake, older adults should aim for a daily intake of 800 to 1,000 IU of vitamin D3, especially if they have limited sun exposure or dietary intake. Sources of vitamin D include fortified foods like milk, cereals, and plant-based beverages, as well as fatty fish such as salmon and mackerel. In some cases, vitamin D supplements may be necessary to achieve optimal levels.

Before starting a vitamin D supplement, it's important to consult with a healthcare provider to determine the appropriate dosage and ensure it complements your overall health plan. Regular monitoring of vitamin D levels can help prevent deficiency and support healthy aging.

## 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.