

# JANUARY 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

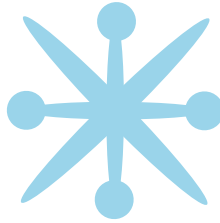
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Menu subject to change due to availability.

## TUESDAY



## WEDNESDAY



## THURSDAY

**1**  
**CLOSED FOR NEW YEAR'S DAY**

## FRIDAY

**2**  
**CLOSED FOR DAY AFTER NEW YEAR'S**

**5**

Swedish meatballs, boiled potato, broccoli, egg noodles, a whole wheat dinner roll, and peaches.

**6**

Chicken enchilada, sweet corn, black beans, grapes, and graham crackers.

**7**

Tilapia with lemon and garlic, Prince Edward vegetable blend, peas and onions, brown rice pilaf, and apple dump cake with oatmeal.

**8**

Philly cheese steak on a whole wheat hoagie roll with green beans, broccoli, and mixed fruit.

**9**

Chicken salad with bacon\*\*, lettuce, tomato, cucumber, and onion, whole wheat croutons, and apple slices.

**12**

Beef stew with carrots and potato, broccoli, a whole wheat biscuit, and apricots.

**13**

Shrimp alfredo on whole wheat linguine pasta, asparagus, cauliflower, and sliced peaches.

**14**

Meatloaf with gravy, mashed potatoes, Italian vegetable blend, a whole wheat dinner roll, sliced pears, and graham crackers.

**15**

Cod fillet, French fries, Normandy vegetable blend, brown rice, and pineapple chunks.

**16**

Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.

**19**

**CLOSED FOR MARTIN LUTHER KING DAY**

**20**

Chicken fajitas with bell peppers and onions, whole wheat tortillas, roasted corn and black beans, brown rice, and pineapple chunks.

**21**

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

**22**

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

**23**

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

**26**

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

**27**

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

**28**

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

**29**

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

**30**

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

## Smart Fat Choices for Seniors: Why Healthy Fats Matter

As we get older, calorie needs often decrease, but essential nutrients, including healthy fats, remain important. Choosing the right fats supports heart health, brain function, and overall well-being while reducing risks linked to saturated and trans fats.

## What Are Healthy Fats?

Healthy fats are mainly unsaturated fats from fish, nuts, seeds, avocados, and plant oils. Saturated and trans fats, found in fatty meats, butter, and many processed foods, should be limited. Older adults benefit from getting most of their fat from unsaturated sources.

## Why They Matter as We Age

These fats help absorb vitamins A, E, and K and support brain and heart health, which become more important with age. Since many seniors need fewer calories, choosing nutrient-dense sources of fat helps every meal provide more value.

## Good Sources

Try including fatty fish, olive or canola oil, nuts and seeds, avocados, and fortified dairy or plant-based alternatives. These foods supply beneficial fats along with protein, fiber, or key vitamins.

## Using Fats Wisely

Use plant oils instead of butter; limit fried or heavily processed foods; and watch portion sizes, since fats are calorie-dense. Pairing healthy fats with vegetables, whole grains, and lean proteins creates balanced meals.

## 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.