

MAY 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

FRIDAY

4

Oven 'fried' chicken, mashed potatoes and gravy, a whole wheat biscuit, and diced pears.

5

Pork** carnitas with peppers, onions, and Pinto beans on a whole wheat tortilla, and tropical fruit.

**JOIN US TO
CELEBRATE CINCO
DE MAYO!**

6

Cold tuna salad with fire roasted corn, Brussels sprouts, a whole wheat roll, fig newtons, and a Mandarin orange cup.

7

Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and a banana.

8

Roasted turkey with gravy, peas and pearl onions, steamed carrots, a whole wheat roll, and an oatmeal fruit crisp.

11

Pork** fried rice with Asian vegetable mix, steamed asparagus, and an orange.

12

Swedish meatballs on whole wheat pasta with a side of sweet potatoes, green beans, and sliced peaches.

13

Shrimp scampi on whole wheat pasta with Normandy vegetables, corn, and grapes.

14

Chicken sandwich with lettuce and tomato on a whole wheat bun, a side of mixed vegetables, and a banana.

15

Pork chop** with gravy, roasted red potatoes, steamed broccoli, a whole wheat biscuit, apple sauce, and fig newtons.

18

Honey garlic chicken on brown rice with Asian mix vegetables, edamame, cubed mangoes, and a fortune cookie.

19

Cheese ravioli with summer squash, Italian vegetables, a whole wheat breadstick, and sliced pears.

20

Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, a side salad, and a mixed berry oatmeal crisp.

21

Pot roast with gravy, steamed broccoli, potatoes and carrots, a whole grain roll, and a banana.

22

Coconut chicken curry and potatoes on brown rice with cubed carrots and grapes.

25

CLOSED FOR
MEMORIAL DAY

26

Cold chicken pasta salad with celery, bell peppers, and onions, 3-bean salad, and a peach crisp with granola.

27

Sweet pork** with shredded lettuce, steamed broccoli, roasted tomatoes, cilantro lime brown rice, and a fruit cocktail.

28

Flatbread cheese pizza, side salad, peas and carrots, croutons, and apple sauce.

29

Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, a banana, and Graham crackers.

THE SCOOP ON VITAMIN D

Sources: National Institute on Aging. "Vitamins and Minerals for Older Adults." nia.nih.gov. | National Institute on Aging. "Dietary Supplements for Older Adults." nia.nih.gov. | National Institute on Aging. "Healthy Meal Planning: Tips for Older Adults." nia.nih.gov.

May is Older Americans Month, a good moment to focus on something easy to overlook: whether your body is getting the vitamins and minerals it needs to stay strong. As you age, your nutritional needs shift in ways that are not always obvious, and two nutrients in particular deserve your close attention this spring — vitamin D and calcium.

Vitamin D and calcium work together to keep bones strong at every age. Bone loss is a real risk for both older women and men, and fractures from weakened bones can significantly limit your independence and quality of life. Most women over 50 and men over 70 need 1,200 mg of calcium each day. You can find it in low-fat dairy products, canned fish with soft bones, dark leafy greens like kale, and fortified cereals. For vitamin D, adults between 51 and 70 need 600 IU daily, while those over 70 need 800 IU each day. Fortified milk, fortified cereals, and fatty fish are all good food sources. Spending more time outdoors this spring can also support your body's natural vitamin D production.

B vitamins are another area worth your attention. Vitamin B12 helps keep your red blood cells and nerves healthy. While older adults need just as much B12 as younger people do, many have difficulty absorbing the form found naturally in food. If you are over 50, ask your doctor whether fortified foods or a B12 supplement might be right for you. Vitamin B6, found in fish, potatoes, and bananas, supports red blood cell formation and is needed in slightly higher amounts as you get older.

Eating a varied diet remains the best way to get the nutrients your body needs, because whole foods deliver fiber and other beneficial compounds that supplements cannot fully replicate on their own. If you are unsure whether your current diet is meeting your nutritional needs, your doctor or a registered dietitian can help you find out. A straightforward conversation about what you eat regularly can make a real difference in how you feel and how well your body holds up through the months ahead.

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.