

JUNE 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 on whole wheat pasta w/ marinara sauce, yellow squash, California blend vegetables, and pineapple.

TUESDAY

2 Pork** meatball sub on a whole wheat roll with lettuce and cheese, whole green beans, and diced peaches.

WEDNESDAY

3 Breaded Shrimp on brown rice pilaf, chuck wagon corn, Brussels Sprouts, and a whole pear.

THURSDAY

4 Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, a graham cracker, and apple sauce.

FRIDAY

5 Cold Strawberry chicken salad on a bed of greens, cucumbers, and red onion, 3 bean salad, a whole wheat roll, mango cubes, and fig newtons.

8

BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans and a tropical fruit cup.

9

Turkey with gravy, mashed potatoes, broccoli, green onions, a whole wheat roll, and peach crisp.

10

Shredded teriyaki beef with broccoli on a bed of brown rice, oriental mixed veggies, and a pear.

11

Chicken fillet with gravy, steamed carrots and cauliflower, a whole wheat roll, a fig newton, and apple sauce.

12

Salisbury Steak with gravy. Brown rice pilaf, yams, capri veggie blend. Whole wheat roll and fruit cocktail.

15

Veggie lasagna with 4-way vegetables, zucchini, a whole wheat breadstick, and apricots.

16

Meatloaf with gravy, sweet corn, yellow squash, a whole wheat roll, a graham cracker, and a banana.

17

Chicken stuffed w/ Broccoli, Spinach, Roasted tomatoes, a whole wheat roll, mango cubes, and a graham cracker

18

Scrambled eggs with turkey sausage, breakfast potatoes, country gravy over a fresh bisuit, fig newtons and an orange.

19

Glazed salmon fillet over brown rice pilaf with coleslaw, peas, fruit cocktail and a whole wheat bun.

22

Philly cheesesteak with peppers and onions on a hoagie, tater tots, succotash, and diced peaches.

23

Chicken Pot Pie with a biscuit and peas and carrots, a side of 5 way veggies and a pear.

24

Bacon, ham**, lettuce, and tomato wrap in a whole wheat tortilla, coleslaw, and apple sauce.

25

Shrimp Alfredo over whole wheat pasta with cauliflower, zucchini, and a fruit cocktail.

26

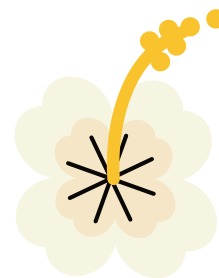
Cheeseburger with shredded lettuce, tomato, onion, and pickles on a whole wheat bun, a side of baked beans, and an orange.

29

Oven 'Fried' chicken. Mashed potatoes, and gravy, corn, butternut squash, whole wheat biscuit and diced pears.

30

Pork** Loin with gravy over brown rice, green beans, carrot/raisin salad, and a tropical fruit cup.



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SIGNS THAT YOU ARE DEHYDRATED

Sources: National Institute on Aging. "Hot Weather Safety for Older Adults." nia.nih.gov. | National Institutes of Health MedlinePlus Magazine. "H2O for Healthy Aging." magazine.medlineplus.gov. | MedlinePlus. "Dehydration." medlineplus.gov. | Centers for Disease Control and Prevention. "Protect Yourself From the Dangers of Extreme Heat." cdc.gov.

As you get older, your sense of thirst becomes less reliable. By the time you feel thirsty, your body may already be low on fluids. That makes staying hydrated especially important during hot Mesa summers.

Signs you may be dehydrated:

- Headache, dizziness, or fatigue
- Dark-colored or infrequent urination
- Skin that sags when pinched instead of snapping back
- Low blood pressure or a rapid heart rate
- Trouble concentrating

Who is at higher risk:

Certain health conditions and medications can make dehydration more likely. These include heart, lung, or kidney disease, and drugs such as diuretics, sedatives, and some blood pressure medicines. If you take any of these, ask your doctor how to stay safe in the heat.

Simple ways to stay hydrated:

Aim for about 8 glasses of fluids a day
Drink water, juice, or herbal tea throughout the day
Eat fruits and vegetables with high water content
Avoid alcohol and caffeinated beverages
Don't wait until you feel thirsty — drink on a schedule

Research from the National Heart, Lung, and Blood Institute followed more than 11,000 people over 30 years and found that staying well hydrated is linked to lower risk of heart failure, diabetes, and dementia. It is one of the simplest things you can do for your health.

If you are not sure whether you are drinking enough, ask your doctor.

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.