

SEPTEMBER MENU

For next day reservations (lunch is served at 11:30 am), **call 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mt).** The Suggested Contribution for participants age 60+ is \$4.00.

MONDAY

Items with **contain pork or pork products.

Menu subject to change due to availability.

TUESDAY

1

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

WEDNESDAY

2

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

THURSDAY

3

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

FRIDAY

4

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

7

**CLOSED FOR
LABOR DAY
HOLIDAY**

8

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

9

Chicken Cordon Bleu with whole wheat pasta, 5-way vegetable mix, mixed green salad, and a banana.

10

Pot roast with gravy, steamed broccoli, potatoes, a whole grain roll, and a mixed berry crisp.

11

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

14

Beefy nachos with cheese, pinto beans with onions, tomato, salsa, zucchini, and a side of mango cubes.

15

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

16

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

17

Flatbread cheese pizza, side salad, peas and carrots, croutons, and a banana.

18

Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, apple sauce, and graham crackers.

21

Chicken Parmesan with marinara sauce on pasta, yellow squash, California vegetable blend, and pineapple.

22

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

23

Breaded Shrimp with cocktail sauce, Chuckwagen corn, Brussels Sprouts, brown rice pilaf, and a pear.

24

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

25

Cold Strawberry chicken salad on a bed of greens, cucumbers, red onion, 3-bean-salad, a whole wheat roll, mango cubes, and Fig Newtons.

28

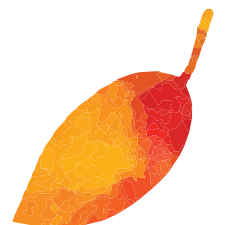
BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans, and a tropical fruit cup.

29

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

30

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



ALL ABOUT VITAMINS

Sources: National Institute on Aging, NIH. "Vitamins and Minerals for Older Adults." nia.nih.gov. | National Institute on Aging, NIH. "Dietary Supplements for Older Adults." nia.nih.gov. | National Institutes of Health. "Daily multivitamin may enhance memory in older adults." nih.gov. | Administration for Community Living, HHS. "Nutrition Needs for Older Adults: Vitamin B-12." acl.gov.

Vitamins That Matter Most for Older Adults

As you get older, your body's ability to absorb certain vitamins changes, even if your diet stays the same. Federal health agencies point to a few nutrients that deserve extra attention: vitamin B12, vitamin D, and vitamin A.

Vitamin B12 helps keep red blood cells and nerves healthy. Older adults need just as much as younger adults, but some lose the ability to absorb the vitamin naturally found in food. If that happens, a doctor may recommend fortified cereals or a B12 supplement. Vegetarians and vegans are at higher risk of deficiency since natural B12 comes almost entirely from animal foods.

Vitamin D supports bone health and calcium absorption. Adults 51 to 70 should aim for 600 IU a day, and those over 70 should aim for 800 IU, without going over 4,000 IU daily. Individual circumstances may vary.

Vitamin A supports eye health and immune function. Men 51 and older should aim for about 900 mcg RAE a day, and women for about 700 mcg RAE.

Some research from the National Institute on Aging has found that a daily multivitamin may modestly improve memory and cognitive function in older adults, though researchers caution it's too early to recommend supplements specifically for preventing cognitive decline — more study is needed.

Simple ways to get more of these vitamins:

- Choose fortified cereals, milk, or eggs for B12 and vitamin A
- Add fatty fish like salmon or canned tuna for B12 and D
- Keep colorful produce — carrots, mangoes, leafy greens — on hand for vitamin A
- Get some sunlight and consider fortified foods for vitamin D
- Read Nutrition Facts labels to check how much of the Daily Value a food provides

Most of your vitamins and minerals should come from food, not supplements. Too much of a vitamin can sometimes be harmful. Talk with your doctor or a dietitian before starting any supplement to find out what you actually need.

VISIT [NIA.NIH.GOV](https://nia.nih.gov) AND [ACL.GOV](https://acl.gov) FOR MORE NUTRITION TIPS & TRICKS

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.