

# FEBRUARY MENU

For cancellations, call **480-962-5612 ext 2503 with 24 hour's notice.**

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

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

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

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

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

**13** Meatloaf with gravy, mashed potatoes, Normandy vegetable blend, a whole wheat dinner roll, and a peach crisp with oatmeal.

**16**  
**CLOSED FOR  
PRESIDENT'S  
DAY HOLIDAY**

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

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

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

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

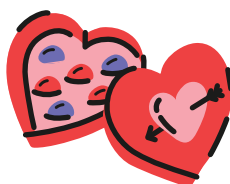
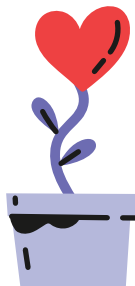
**23** Cheeseburger on a whole wheat bun with tater tots, baked beans, and a fruit cocktail.

**24** Teriyaki Chicken bowl with stir fry veggie mix and brown rice, edamame, sliced apples, and a fortune cookie.

**25** Salisbury steak with mashed potatoes, green beans, a whole wheat dinner roll, and a banana.

**26** Bean and cheese burrito on a whole wheat tortilla, roasted corn, Spanish brown rice, and cubed mangoes.

**27** Chicken salad with grapes, pecans, and cranberries, marinated veggie and pasta salad, a whole wheat dinner roll, and sliced pears.



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## Protein for Older Adults: Why It Matters

As adults age, their bodies undergo changes that make getting enough protein especially important. Protein helps maintain muscle mass, supports immune function, and aids recovery from illness or injury. For older adults, ensuring adequate protein intake becomes a key part of healthy aging.

## Why Older Adults Need Protein

With age, people naturally lose muscle mass and strength in a process known as sarcopenia. This loss can affect balance, mobility, and overall independence. Eating enough protein helps slow muscle breakdown and supports muscle repair and maintenance. Getting sufficient protein also helps the body use key vitamins and minerals that support bone and immune health.

## How to Meet Protein Needs

Older adults are advised to get enough protein over the course of the day from a variety of nutrient-dense sources. Foods that provide high-quality protein include lean meats, poultry, fish, eggs, beans, peas, lentils, nuts, seeds, and soy products. Dairy and fortified soy alternatives also contribute protein as well as other nutrients older adults need. Choosing a mix of animal and plant-based proteins ensures a range of essential amino acids and supports overall dietary balance.

## Tips for Daily Eating

Including a source of protein at every meal helps older adults spread protein intake throughout the day, which may support better muscle synthesis and help maintain strength. Pairing protein foods with vegetables, whole grains, and healthy fats contributes to overall nutrient intake while managing calorie needs that typically decline with age.

## 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.