

# OCTOBER 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 \$4.00.  
Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

Items with \*\*contain pork or pork products.

Menu subject to change due to availability.

## TUESDAY



## WEDNESDAY



## 1 THURSDAY

Honey garlic chicken with Asian mix vegetables, edamame, brown rice, and tropical fruit.

## 2 FRIDAY

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

5

Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, a pear, and fig newtons.

6

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

7

Ham\*\* and cheese sandwich with lettuce, tomatoes, and onion slices on a whole wheat hoagie roll, a chopped vegetable side salad, and an orange.

8

Tuna salad sandwich on whole wheat bread with baby carrots, a 3-bean salad, and Mandarin oranges.

9

Chicken enchilada with sweet corn and black beans on a whole wheat tortilla, and grapes.

12

Meatloaf with gravy, mashed potatoes, green beans, a whole wheat dinner roll, mixed tropical fruit, and graham crackers.

13

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

14

Shrimp Alfredo with asparagus and cauliflower on a bed of whole wheat linguine pasta, and sliced peaches.

15

Teriyaki chicken bowl with stir fry vegetables and brown rice, edamame, fortune cookies, and apple slices.

16

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

19

Chicken kiev with grilled vegetables, wax beans, brown rice, and an orange.

20

Pot roast with potatoes, carrots, celery, and gravy, a side of broccoli, a whole wheat dinner roll, and a banana.

21

Chicken tacos on whole wheat tortilla with roasted corn, refried beans, and Mandarin oranges.

22

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

23

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

26

Clam chowder with potatoes and corn, Brussels sprouts, roasted broccoli, a whole wheat dinner roll, and apricot slices.

27

Veggie lasagna with cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.

28

Roast turkey with gravy, mashed potatoes, cauliflower, a whole wheat dinner roll, mixed fruit salad, and fig newtons.

29

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

30

Swedish pork\*\* meatballs on a bed of egg noodles and butter with green beans, a whole wheat dinner roll, and peaches.

# EATING ON A BUDGET

Sources: USDA Economic Research Service, "Are Healthy Foods Really More Expensive? It Depends on How You Measure the Price" (EIB-96); USDA Economic Research Service, "Healthy Foods Not Necessarily More Expensive Than Less Healthy Foods," Amber Waves; USDA, "Nutrition Doesn't Have to be Expensive"; USDA/FNS Thrifty Food Plan cost-of-food reports; National Institutes of Health / PMC, "Cost-effective options for increasing consumption of under-consumed food groups and nutrients in the USA"; USDA/HHS Dietary Guidelines for Americans, 2025-2030.

## Eating Healthy on a Budget: What the Research Shows

A common assumption is that healthy eating costs more than eating processed or fast food. Federal nutrition research tells a more nuanced story: when foods are compared by price per portion rather than price per calorie, many of the healthiest options turn out to be some of the cheapest. Grains, legumes, vegetables, fruits, and dairy foods generally cost less per serving than foods high in sugar, saturated fat, or sodium.

Whole grains stand out for value. Oatmeal, rice, pasta, and yeast breads provide the most whole grain per dollar of any food group studied, with oatmeal delivering a full day's recommended amount for well under a dollar. These grains also supply meaningful magnesium and fiber.

Legumes offer some of the best protein value available. Dry beans and lentils are inexpensive, shelf-stable, and rich in iron, folate, and fiber, making them a practical substitute for costlier protein sources.

Fruits and vegetables follow a similar pattern. Bananas, apples, carrots, cabbage, and potatoes consistently rank among the least expensive produce per cup, and canned or frozen versions can lower costs further without sacrificing nutrients. Eggs remain one of the most affordable complete proteins, typically costing well under a dollar per serving while providing choline and vitamin D.

### Ways to stretch a grocery budget while eating well:

- Buy dry beans, lentils, oats, and rice in bulk
- Choose frozen or canned produce when fresh is costly
- Add eggs for low-cost, high-quality protein
- Compare cost per serving, not just per package
- Plan meals around what is on sale that week

Federal food plans built around these staples show a nutritious diet can be assembled for a modest weekly budget, even for households with limited income. Cost should not be a barrier to eating well when the most affordable foods are often the most nutritious.

**VISIT [USDA.GOV](https://www.usda.gov) AND [NIH.GOV](https://www.nih.gov) FOR MORE NUTRITION AND BUDGET RESOURCES**

## 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.