APRIL 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 $3.50.
Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Items with **contain pork or pork products. Menu subject to change due to availability.		**1** Sweet pork** with shredded lettuce, steamed broccoli, roasted tomatoes, cilantro lime brown rice, and a fruit cocktail.	**2** Flatbread cheese pizza, side salad, peas and carrots, whole wheat crou-tons, and a banana.	**3** Roast beef open-face sandwich on whole wheat bread with mashed potatoes and gravy, green beans, and apple sauce.
6 Chicken parmesan on pasta with yellow squash, California vegetable blend, and pineapple.	**7** Pork** meatball sub sandwich with cheese on a whole wheat roll with shredded lettuce, a side of green beans, and a peach.	**8** Breaded shrimp with cocktail sauce, Chuckwagen corn, Brussel sprouts, brown rice pilaf, and a pear.	**9** Meatloaf with gravy, mashed potatoes, broccoli, a whole wheat roll, apple sauce, and Graham crackers.	**10** Cold strawberry chicken salad with spring mix, 3-bean salad, a whole wheat roll, mango cubes, and Fig Newtons.
13 Barbeque pulled pork** with coleslaw, baked beans, a whole wheat bun, and a tropical fruit cup.	**14** Turkey and gravy with mashed potatoes, broccoli, green onions, a whole wheat roll, and a peach crisp.	**15** Shredded teriyaki beef with broccoli, Oriental vegetable mix, brown rice, and a pear.	**16** Chicken breast with gravy, steamed carrots and cauliflow-er, a whole wheat roll, apple sauce, and Fig Newtons.	**17** Salsbury steak with gravy, Capri blend vegetables, brown rice pilaf, yam, and a fruit cocktail.
20 Veggie lasagna with 4-way-vegetables, zucchini, a whole wheat breadstick, and apricots.	**21** Meatloaf and gravy with sweet corn, yellow squash, a whole wheat roll, Graham crackers, and mango cubes.	**22** Chicken stuffed with broccoli, a side of spinach and roasted tomatoes, a whole wheat roll, and a banana.	**23** Scrambled eggs, turkey sausage, breakfast potato, steamed broccoli, a whole wheat biscuit, Fig Newtons, and an orange.	**24** Glazed salmon filet with coleslaw, peas, brown rice pilaf, and a fruit cocktail.
27 Philly cheesesteak with pepper and onion on a whole wheat bun, tater tots, succotash, and diced peaches.	**28** Chicken pot pie with a whole wheat biscuit, steamed carrots, 5-way veggies, Graham crackers, and a pear.	**29** Bacon** lettuce, and ham** wrap on a whole wheat tortilla with tomato slices, coleslaw, and apple sauce.	**30** Shrimp alfredo over whole wheat linguine, cauliflower, zucchini, and a fruit cocktail.	

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EATING WELL IN SPRING

Source: National Institute on Aging, USDA Nutrition.gov, Administration for Community Living.

As temperatures climb across Arizona and the Southwest, spring is the right time to take stock of what you are eating and drinking. Good nutrition directly affects how your body manages heat, maintains energy, and supports your independence, and the choices you make now matter more than many people realize.

Start with hydration. Older adults do not adjust as easily as younger people to sudden changes in temperature, and many medications can affect the body's ability to regulate heat. To lower your risk of heat-related illness, drink plenty of liquids throughout the day, including water, fruit or vegetable juices, or electrolyte-containing drinks, and avoid alcohol and caffeinated beverages. Do not wait until you feel thirsty, as the sensation of thirst often diminishes with age. Keep water within reach during meals, activities, and rest.

Choose nutrient-dense foods. Enjoy a variety of foods from each food group to help reduce the risk of high blood pressure, diabetes, and heart disease. Limit added sugars, saturated fats, and sodium. To maintain muscle mass, incorporate protein sources such as seafood, dairy, beans, lentils, and fortified soy products throughout the day. Calcium-rich foods such as low-fat dairy and leafy greens also support bone strength, which becomes increasingly important as you age.

Plan your meals. Planning ahead ensures variety and reduces the guesswork that can lead to skipped meals or poor choices. Lighter meals prepared early in the day, before afternoon heat peaks, are especially practical in the desert Southwest. Cold grain bowls, bean salads, and chilled soups are nutritious and easy to prepare in the morning and refrigerate for later.

Small, consistent choices add up. Drinking water regularly, eating a variety of foods, and not skipping meals are among the most meaningful steps you can take to protect your health and maintain your strength and independence as the warmer months approach. Good nutrition does not have to be complicated. It simply has to be consistent.

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