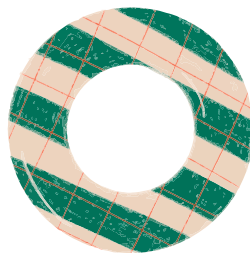


AUGUST MENU

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.

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
BBQ pulled pork** on a whole wheat bun with coleslaw, baked beans, and a tropical fruit cup.	Turkey with gravy, mashed potatoes, broccoli with green onions, a whole wheat roll, and peach crisp.	Shredded teriyaki beef with broccoli on a bed of brown rice, Oriental mixed veggies, and a pear.	Chicken fillet with gravy, steamed carrots and cauliflower, a whole wheat roll, fig newtons, and apple sauce.	Salisbury Steak with gravy, brown rice pilaf, yams, capri veggie blend, whole wheat roll, and fruit cocktail.
10	11	12	13	14
Veggie lasagna with 4-way vegetables, zucchini, a whole wheat breadstick, and apricots.	Meatloaf with gravy, sweet corn, yellow squash, a whole wheat roll, a graham cracker, and a banana.	Chicken stuffed w/ broccoli, spinach, roasted tomatoes, a whole wheat roll, and mango cubes,	Scrambled eggs with turkey sausage, breakfast potatoes, broccoli, country gravy over a biscuit, fig newtons and an orange.	Glazed salmon fillet over a brown rice pilaf with coleslaw, peas, fruit cocktail and a whole wheat bun.
17	18	19	20	21
Philly cheesesteak with pepper and onions on a hoagie, Tater tots, succotash, and diced peaches.	Chicken Pot Pie with a biscuit, peas, and carrots, a side of 5 way veggies, a pear, and graham crackers.	Bacon, ham**, lettuce, and tomato wrap in a whole wheat tortilla, cole slaw, and apple sauce.	Shrimp Alfredo over whole wheat pasta with cauliflower, zucchini, and a fruit cocktail.	Cheeseburger with shredded lettuce, tomato, onion, and pickles on a whole wheat bun, a side of baked beans, and an orange.
24	25	26	27	28
Oven 'Fried' chicken. mashed potatoes and gravy, butternut squash, whole wheat biscuit and diced pears.	Pork** Loin with gravy over brown rice, green beans, carrot/raisin salad, and a tropical fruit cup.	Cold tuna salad with fire-roasted corn and Brussels Sprouts, a whole wheat roll, fig newtons, and a banana.	Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and Mandarin oranges.	Roasted Turkey with gravy, peas and pearl onions, steamed carrots, a whole wheat roll, and a fruit crisp.
31				
Pork** fried rice with Asian vegetable mix, brown rice, steamed asparagus, and an orange.				Items with **contain pork or pork products. Menu subject to change due to availability.



PLANT-BASED PROTEIN

Sources: U.S. Department of Agriculture. "MyPlate Protein Foods." myplate.gov. | National Institute on Aging, NIH. "Healthy Meal Planning: Tips for Older Adults." nia.nih.gov. | U.S. Department of Agriculture. "MyPlate for Older Adults." myplate.gov. | National Institute of Diabetes and Digestive and Kidney Diseases. "Health Tips for Older Adults." niddk.nih.gov. | Administration for Community Living, HHS. "Nutrition Needs for Older Adults: Protein." acl.gov.

The Benefits of Plant-Based Protein

As you get older, protein needs don't go away — if anything, they matter more. Protein helps preserve muscle mass, supports immune function, and aids recovery after illness or injury. But where that protein comes from matters too, and a growing body of federal guidance points to plant-based sources as a smart addition to your plate.

USDA's MyPlate recommends filling about a quarter of your plate with protein foods and varying your sources — including beans, peas, lentils, nuts, seeds, and soy products alongside lean meats, poultry, and fish. Beans, peas, and lentils are unique: they count toward both the protein and vegetable groups, making them an efficient way to meet two goals at once.

Plant-based proteins tend to come with built-in advantages. They're typically lower in saturated fat and higher in fiber than many animal proteins, which supports heart health and healthy digestion. A half-cup of cooked lentils, for example, delivers roughly 9 grams of protein along with fiber, iron, and potassium — nutrients many older adults don't get enough of.

Simple ways to add more plant-based protein:

- Swap ground beef for lentils or black beans in soups, chili, or tacos
- Add a handful of nuts or seeds to oatmeal, salads, or yogurt
- Try tofu or edamame as a side dish or stir-fry protein
- Keep canned beans on hand — rinse to reduce added sodium
- Read Nutrition Facts labels to compare protein and fiber content across products

You don't need to eliminate animal protein to benefit — even swapping a few meals a week can help. If you have kidney disease or another condition that affects protein needs, talk with your doctor or a registered dietitian before making changes.

VISIT MYPLATE.GOV AND CDC.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.