

JULY 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.

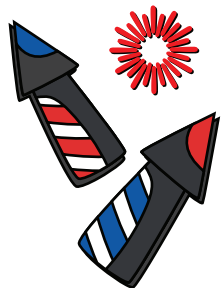
Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY

Items with **contain pork or pork products.

Menu subject to change due to availability.

TUESDAY



WEDNESDAY

1

Cold tuna salad with 3-bean salad and beets, a whole wheat roll, fig newtons, and a banana.

THURSDAY

2

Pot roast with gravy, grilled vegetable mix, potatoes and carrots, brown rice pilaf, and Mandarin oranges.

FRIDAY

3

CLOSED FOR INDEPENDENCE DAY



6

Pork** fried rice with Asian vegetable mix, steamed asparagus, and an orange.

7

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

8

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

9

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

10

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

13

Honey garlic chicken on brown rice with Asian mix vegetables, edamame, cubed mangoes, and a fortune cookie.

14

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

15

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

16

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

17

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

20

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

21

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

22

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

23

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

24

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

27

Chicken Parmesan on whole wheat pasta w/ marinara sauce, yellow squash, California blend vegetables, and pineapple.

28

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

29

Breaded Shrimp on brown rice pilaf, chuck wagon corn, Brussels Sprouts, and a whole pear.

30

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

31

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

THE SCOOP ON SUGAR

Sources: Centers for Disease Control and Prevention. "Be Smart About Sugar." [cdc.gov](https://www.cdc.gov). | National Heart, Lung, and Blood Institute, NIH. "New Dietary Guidelines Urge Americans to Eat Less Added Sugars, Saturated Fat, and Sodium." [nhlbi.nih.gov](https://www.nhlbi.nih.gov). | National Institute on Aging. "Diabetes in Older People." [nia.nih.gov](https://www.nia.nih.gov). | National Institute of Diabetes and Digestive and Kidney Diseases. "Health Tips for Older Adults." [niddk.nih.gov](https://www.niddk.nih.gov). | Centers for Disease Control and Prevention. "Factors Associated With Daily Consumption of Sugar-Sweetened Beverages Among Adult Patients." [cdc.gov](https://www.cdc.gov).

How Much Sugar Is Too Much?

As you get older, your body becomes less efficient at processing sugar — making it more important to watch how much you consume.

Federal guidelines recommend keeping added sugars to less than 10 percent of your total daily calories. For a 2,000-calorie diet, that's no more than 200 calories, or about 12 teaspoons of sugar.

That limit is easier to hit than you might think. A single 12-ounce can of soda contains more than 10 teaspoons of added sugar — nearly a full day's worth.

The National Institute on Aging notes that type 2 diabetes, which occurs when blood glucose stays too high, is the most common form of diabetes to develop in older adults. High sugar intake is also linked to weight gain, high blood pressure, and increased cardiovascular disease risk.

Simple ways to cut back:

1. Choose water or unsweetened beverages instead of sugary drinks
2. Select unsweetened or no-sugar-added versions of yogurt, canned fruit, and similar products
3. Focus on nutrient-dense foods that deliver vitamins and minerals without excess calories
4. Read Nutrition Facts labels — added sugars are now listed separately

If you have diabetes or a condition that affects blood sugar, ask your doctor or a registered dietitian about a plan tailored to your needs.

VISIT [CDC.GOV](https://www.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.