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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	**3** Chicken parmesan with roasted red potatoes, green peas, a whole wheat dinner roll, and diced peaches.	**4** Cheese ravioli with marinara sauce, a side of Italian blend vegetables, a whole wheat breadstick, and diced mango.	**5** Cheeseburger on a whole wheat bun, tater tots, baked beans, and fruit cocktail.	**6** Shrimp scampi on a bed of whole wheat linguine pasta, with sides of asparagus and cauliflower, and a banana.
9 Beef lasagna with 4-way vegetables, zucchini, whole wheat bread sticks, and mixed berries.	**10** BBQ pork ** sandwich on a whole wheat bun with baked beans, yellow squash, and grapes.	**11** Beef tacos on whole wheat tortilla with pinto beans, sauteed zucchini, and strawberries with cream.	**12** Honey garlic chicken with Asian mix vegetables, edamame, brown rice, and tropical fruit.	**13** Cod fillet with Brussels sprouts, corn, brown rice, and apricot slices.
16 Chicken stuffed with broccoli and cheese, cauliflower, baby carrots, a whole wheat dinner roll, a pear, and fig newtons.	**17** Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	**18** Ham** and cheese hoagie with lettuce, tomatoes, and onion slices on a whole wheat roll, a chopped vegetable side salad, and an orange.	**19** Tuna salad sandwich on whole wheat bread with baby carrots, a 3-bean salad, and Mandarin oranges.	**20** Turkey with gravy, whole wheat bread stuffing, mashed potatoes, carrots, mixed berries, and pumpkin pie. **THANKSGIVING LUNCHEON**
23 Meatloaf with gravy, mashed potatoes, green beans, a whole wheat dinner roll, mixed tropical fruit, and graham crackers.	**24** Crispy chicken sandwich on a whole wheat bun with potato wedges, corn, and fruit salad.	**25** Shrimp Alfredo on a bed of whole wheat linguine pasta, with asparagus, cauliflower, and sliced peaches.	**26** **CLOSED FOR THANKSGIVING HOLIDAY**	**27** **CLOSED FOR THANKSGIVING HOLIDAY**
30 Chicken Kiev with grilled vegetables, wax beans, brown rice, and an orange.				Items with **contain pork or pork products. Menu subject to change due to availability.

Aster Aging, Inc is funded in part by Area Agency on Aging, Region One

HOLIDAY NUTRITION GUIDE

Sources: CDC, "Healthy Eating and the Holidays" CDC, "People at Increased Risk for Food Poisoning" CDC, "Preventing Food Poisoning"

Eating Well and Staying Safe

The holidays bring some of the year's biggest meals, and for older adults a little planning goes a long way. Federal health guidance highlights two priorities: balanced eating and safe food handling.

Start with balance. Skipping meals to save up for a feast can backfire, since being very hungry makes overeating more likely. Eat close to your usual times, with a small snack beforehand if needed. At the table, fill at least half your plate with vegetables, eat slowly, and drink plenty of water. The brain takes at least 20 minutes to register fullness, so pause before seconds. No food is off limits: focus on the dishes you love most, and ask your host to send a favorite treat home for later. Limit alcohol, and skip sugary mixers if you do drink. If you are invited to a gathering, offer to bring a healthy dish. If you are hosting, serve classic favorites alongside lighter options, with sauces and dressings on the side.

Food safety matters just as much. Adults 65 and older face a higher risk of severe food poisoning because aging immune systems and organs are less able to fight off harmful germs. Nearly half of older adults with a lab-confirmed Salmonella, Campylobacter, Listeria, or E. coli infection are hospitalized. Color and texture cannot tell you whether food is safely cooked, so a thermometer is essential.

Safe holiday habits:

- Refrigerate perishable foods and leftovers within 2 hours
- Use a food thermometer; poultry needs 165°F
- Reheat leftovers to 165°F before eating
- Package hot food in shallow containers so it chills quickly
- Thaw in the refrigerator, never on the counter
- Keep your refrigerator at 40°F or below

Move a little, too: even 10 minutes of walking after a big meal can aid digestion and ease stress. The holidays are about far more than food, and a little preparation lets everyone enjoy the table safely.

VISIT CDC.GOV FOR MORE HOLIDAY NUTRITION AND FOOD SAFETY 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.

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