DECEMBER 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
Items with **contain pork or pork products. Menu subject to change due to availability.	**1** Pot roast with potatoes, carrots, celery, and gravy, a side of broccoli, a whole wheat dinner roll, and a banana.	**2** Chicken tacos on whole wheat tortilla with roasted corn, refried beans, and Mandarin oranges.	**3** Spaghetti and meatballs with Italian green beans, a side salad, a whole wheat bread-stick, and an apple crisp with oatmeal.	**4** Pork** loin with gravy, potato wedges, coleslaw, a whole wheat biscuit, and mixed berries.
7 Clam chowder with potatoes and corn, Brussels sprouts, roasted broccoli, a whole wheat dinner roll, and apricot slices.	**8** Veggie lasagna with cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	**9** Roast turkey with gravy, mashed potatoes, cauliflower, a whole wheat dinner roll, mixed fruit salad, and fig newtons.	**10** Chili con carne, sauteed yellow squash, green side salad, cornbread, and mixed berries.	**11** Swedish pork** meatballs on a bed of egg noodles and butter with green beans, a whole wheat dinner roll, and peaches.
14 Salisbury steak with gravy, cubed roasted potatoes, spinach, a whole wheat biscuit, and an apple.	**15** Chicken parmesan with roasted red potatoes, green peas, a while wheat dinner roll, and diced peaches.	**16** Cheese ravioli with marinara sauce, a side of Italian blend vegetables, a whole wheat breadstick, and diced mango.	**17** Cheeseburger on a whole wheat bun, tater tots, baked beans, and fruit cocktail.	**18** Tri-tip roast beef with gravy, baked potato, cauliflower, whole wheat roll, apple crisp, and cake **JOIN US FOR THE HOLIDAY LUNCHEON**
21 Philly cheese steak with peppers & onions on a whole wheat roll, with sides of tater tots and succotash, and diced peaches.	**22** Chicken pot pie with a biscuit, steamed carrots, 5-way vegetables, a whole pear and graham crackers.	**23** Bacon, lettuce, tomato, and ham wrap in a whole wheat tortilla, Cole slaw, and mixed berries.	**24** Shrimp alfredo over whole wheat linguini, with cauliflower, zucchini, and fruit cocktail.	**25** **CLOSED FOR CHRISTMAS HOLIDAY**
28 Roasted chicken with gravy on whole wheat pasta, with yellow squash, California blend vegetables, and pineapple.	**29** Pork ** meatball sub with cheese on a whole wheat roll, with carrot & raison salad, green beans, and peaches.	**30** Breaded shrimp with cocktail sauce with brown rice pilaf, chuckwagon corn, Brussel sprouts, and pears.	**31** Corned beef with cabbage, red potatoes, rye bread, mixed berries, and cake **RED MOUNTAIN SENIOR CENTER CLOSED FOR NEW YEAR'S EVE**	**1** **CLOSED FOR NEW YEAR'S DAY**

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, "Can People With Diabetes Have Dessert?"

Sweet Treats and Steady Blood Sugar

Cookies, pies, and candy dishes are everywhere in December, and for older adults watching their blood sugar, a little planning goes a long way. The CDC says desserts are not off limits for people with diabetes. Sweets are high in carbohydrates from sugar, flour, and dairy, and too many carbs at once can spike blood sugar. The key is making room for a treat rather than piling it on top of a full meal.

Start with the whole day. Eat close to your usual times, and don't skip meals to save up for a feast, since being very hungry makes overeating more likely.

If you know you want a sweet, cut back on other carbs at that meal, like potatoes, bread, or pasta. Having dessert with or right after a meal can help you enjoy a smaller portion without feeling deprived, and eating slowly lets you savor each bite.

No food is on the naughty list. Pick the treats you truly love and can't get any other time of year, and ask your host to send a favorite home for later.

Sweet strategies:

- Plan your carbs ahead of time and adjust the rest of your day to match
- Try dark chocolate, which is richer and less sweet than white or milk chocolate
- Satisfy a sweet craving with fruit, or use mashed banana or applesauce to sweeten baked goods. They still contain natural sugar, so keep portions modest
- If you drink alcohol, skip sugary mixers like juice or soda and have it with food
- Check your blood sugar, even in the middle of the festivities
- Take a 10-minute walk after a big meal to aid digestion and ease stress
- Hosting? Offer holiday classics alongside lighter options, and leave sauces, dressings, and toppings on the side so guests can customize. If a friend or family member has diabetes, listen and support them rather than telling them what they should and shouldn't eat. About 1 in 8 Americans has diabetes, so you may well be hosting someone who is managing it.
- The holidays are about celebrating and being together, and the sweetest part of the season is time with the people you love.

VISIT CDC.GOV/DIABETES FOR MORE HOLIDAY EATING 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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