



**AZTEC SENIOR COMMUNITY CENTER**

**OCTOBER 2024**

**MENU SUBJECT TO CHANGE**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
AGE 60 & OVER \$3.00 SUGGESTED CONTRIBUTION  UNDER 60-\$6.00	1 CHILI w BEANS VEGGIE BLEND CORNBREAD TROPICAL FRUIT	2 CHICKEN SANDWICH LETTUCE/TOMATO POTATO WEDGES CARROTS PINEAPPLE	3 TATER TOT CASSEROL TOSSED SALAD BRUSSEL SPROUTS ROLL JELLO w FRUIT
7 KIELBASA w PEPPERS & ONIONS TOMATO/ CUCUMBER SALAD CORNBREAD APRICOTS	8 CHICKEN ADOVADA CALABACITAS GREEN BEANS FLOUR TORTILLA BANANA	9 COUNTRY FRIED STEAK MASHED POTATOES w GRAVY BROCCOLI WHEAT BREAD CANTALOUPE	10 SPAGHETTI w MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD w CRACKERS PEARS
14 CLOSED  INDIGENOUS PEOPLE DAY	15 CHICKEN NOODLE SOUP WHOLE WHEAT BREAD TOSSED SALAD BEETS & PLUMS	16 MEAT & VEGGIE PIZZAQ TOSSED SALAD w EGG MANDARIN ORANGES	17 CHEESEBURGER LETTUCE/ TOMATO PINTO BEANS VEGGIE MEDLEY MIXRD MIXED
21 BBQ CHICKEN BREAST BROCCOLI/CAULIFLOWER 3 BEAN SALAD WHEAT ROLL FRUIT SALAD	22 BEEF STEW TOSSED SALAD WHEAT ROLL TROPICAL FRUIT	23 LOADED BAKED POTATO TOSSED SALAD GARBANZO BEANS CRACKERS ORANGE	24 BAKED CHICKEN w GRAVY BR. RICE PILAF VEGGIE BLEND WHEAT ROLL PEACHES
28 GREEN CHILE CHICKEN ENCHILADA CASSEROLE PINTO BEANS VEGGIE MEDLEY MANDARIN ORANGES	29 SLOPPY JOE FRENCH FRIES CUCUMBER/TOMATO SALAD JELLO	30 BEEF & BROCCOLI STIRFRY BROWN RICE STIR FRY VEGGIES PINEAPPLE FORTUNE COOKIE	31 PORCUPINE MEATBALLs w MARINARA SAUCE CALIFORNIA BLEND TOSSED SALAD WHEAT ROLL BANANA

**BINGO**  
 Every  
 Thursday  
 9:30

**Milk &  
 Yogurt**  
 Offered  
 Daily

**Lunch**  
 Served  
 From  
 11:30- 1:00



## Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The [My Dietary Supplement and Medicine Record](#) can help you track your supplement and medicine use.



**HAPPY BIRTHDAY**  
**TO THOSE**  
**WHO HAVE A**  
**BIRTHDAY IN**  
**OCTOBER!!!**