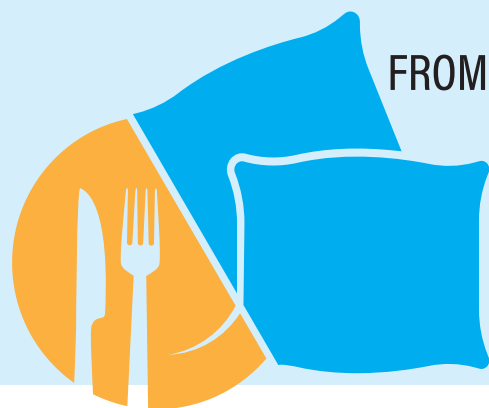




FROM

# Plate TO Pillow

## Nutrition Tips for Deeper Sleep

A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

### Sleep-Supporting Foods

| Best Food Sources                                                                                                                                                                    | Beneficial Compound |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds                                         | Antioxidants        |
| Dairy and dairy alternatives, leafy greens, almonds, tofu                                                                                                                            | Calcium             |
| Pumpkin seeds, almonds, spinach, bananas, whole grains                                                                                                                               | Magnesium           |
| Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms oatmeal, legumes, salmon, sardines                           | Melatonin           |
| Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts                                                                                                              | Omega-3 Fatty Acids |
| Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains                                                                        | Tryptophan          |
| Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios | Vitamin B6          |
| UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice                                                              | Vitamin D           |

#### Sleep-Disrupting Foods and Drinks

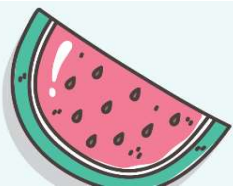
- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

#### Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

### Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon | Greek yogurt with + walnuts  
Kiwi + handful of almonds | Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios



# CENLA AAA HOT MENU

## SEPTEMBER 2025

| MONDAY                                                                                                                     | TUESDAY                                                                                                                                  | WEDNESDAY                                                                                                                                      | THURSDAY                                                                                                                                                                        | FRIDAY                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>                                                                                                                   | <b>2</b>                                                                                                                                 | <b>3</b>                                                                                                                                       | <b>4</b>                                                                                                                                                                        | <b>5</b>                                                                                                                                |
| CLOSED                                                                                                                     | <b>Salisbury Patty Brown Gravy</b><br>Garlic Potatoes<br>Green Beans<br>Wheat Bread<br>Chocolate Pudding<br>Margarine                    | <b>Sliced Ham with Honey Glaze</b><br>Whole Kernel Corn<br>Green Peas<br>White Roll<br>Fruited Gelatin<br>Margarine                            | <b>Chicken Chef Salad</b><br>California Salad<br>Saltine Crackers<br>Almond Cookie<br>Assorted Dressing                                                                         | <b>Hamburger or BBQ Pork Riblet</b><br>Baked Beans<br>Lettuce & Tomato<br>Wheat Hamburger Bun<br>Fresh Fruit<br>Mustard<br>Ketchup      |
| <b>8</b>                                                                                                                   | <b>9</b>                                                                                                                                 | <b>10</b>                                                                                                                                      | <b>11</b>                                                                                                                                                                       | <b>12</b>                                                                                                                               |
| <b>Tuscan Chicken Breast</b><br>Ranch Potatoes<br>Peas & Carrots<br>Wheat Bread<br>Star Crunch<br>Margarine                | <b>Sloppy Joe or BBQ Chicken Breast</b><br>Baked Beans<br>Mixed Vegetables<br>Wheat Hamburger Bun<br>Fresh Fruit                         | <b>Swedish Meatballs</b><br>Rice<br>Broccoli & Cauliflower<br>Wheat Bread<br>Birthday Cake<br>Ice Cream<br>Apple Juice<br>Margarine            | <b>Red Beans &amp; Sausage</b><br>Brown Rice<br>Mixed Greens<br>Cornbread<br>Raisin Creme Cookie<br>Cranberry Juice<br>Margarine                                                | <b>Home Style Meatloaf Brown Gravy</b><br>Whipped Potatoes<br>Whole Kernel Corn<br>White Roll<br>Chocolate Pudding<br>Margarine         |
| <b>15</b>                                                                                                                  | <b>16</b>                                                                                                                                | <b>17</b>                                                                                                                                      | <b>18</b>                                                                                                                                                                       | <b>19</b>                                                                                                                               |
| <b>Turkey Italian Mac</b><br>Green Beans/Red Peppers<br>Glazed Carrots<br>Wheat Bread<br>Fudge Round<br>Margarine          | <b>Ham &amp; Pinto Beans</b><br>Brown Rice<br>Cabbage<br>Cornbread<br>Oatmeal Crème Cookie<br>Cranberry Juice<br>Margarine               | <b>Chicken &amp; Sausage Gumbo &amp; Rice</b><br>Whipped Sweet Potatoes<br>Okra & Tomato<br>Saltine Crackers<br>Fruit Juice Blend<br>Margarine | <b>Hamburger</b><br>Lettuce/Tomato/Onion<br>Baked Beans<br>Wheat Hamburger Bun<br>Fruited Gelatin<br>Mustard<br>Ketchup                                                         | <b>Chicken Salad or Ham/Cheese</b><br>Lettuce & Tomato<br>Coleslaw<br>Wheat Bread (2)<br>Chocolate Chip Cookie<br>Mustard<br>Mayonnaise |
| <b>22</b>                                                                                                                  | <b>23</b>                                                                                                                                | <b>24</b>                                                                                                                                      | <b>25</b>                                                                                                                                                                       | <b>26</b>                                                                                                                               |
| <b>Meatballs or Pork Riblet Brown Gravy</b><br>Whipped Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Fig Bar<br>Margarine | <b>Chicken Etouffee</b><br>Brown Rice<br>Broccoli & Cauliflower<br>Carrot Raisin Salad<br>White Roll<br>Strawberry Craisins<br>Margarine | <b>Spaghetti/Meat Sauce</b><br>Green Beans<br>Tossed Salad<br>Wheat Bread<br>Pineapple Cobbler<br>Margarine<br>Ranch Dressing                  | <b>Ham &amp; White Beans</b><br>Brown Rice<br>Turnip Greens<br>Cucumber Salad<br>Cornbread<br>Fruit & Grain Bar<br>Margarine                                                    | <b>Baked Bone-in Chicken Brown Gravy</b><br>Yams<br>Black-eyed Peas<br>Wheat Bread<br>Fresh Fruit<br>Margarine                          |
| <b>29</b>                                                                                                                  | <b>30</b>                                                                                                                                |                                                                                                                                                |                                                                                                                                                                                 |                                                                                                                                         |
| <b>Chicken &amp; Sausage Jambalaya</b><br>Cabbage<br>Carrots<br>Wheat Bread<br>Strawberry Craisins<br>Margarine            | <b>Salisbury Patty Brown Gravy</b><br>Garlic Potatoes<br>Green Beans<br>Wheat Bread<br>Chocolate Pudding<br>Margarine                    | Each Meal<br>is Served with<br>1/2 Pint of<br>2% Milk                                                                                          |  <p><b>TRIO</b><br/>Community Meals</p> <p>Nourishment through<br/>compassionate care.</p> |                                                                                                                                         |