Seniors First

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Alfredo, Peas Spinach Salad Fruit Cocktail Whole Wheat Roll	2 Lasagna, Mixed Vegetables, Green Salad, Peaches Whole Wheat Roll	3 Poached Pollock, Diced Carrots, Brown Rice Pilaf Green Salad w/Italian Mandarins & WW Rolls
6 Meatloaf, Mashed Potatoes, Gravy, Cucumber/Tomato Salad, Green Beans Fruit Cocktail, WW Roll	7 Polish Sausage w/Bun Mixed Vegetables, Green Salad, Mandarin Oranges	8 new Diced Chicken & Scalloped Potatoes, Mixed Veg, Brown Rice Green Salad, Fruit Cocktail, Wheat Roll	9 Tamale Pie Corn, Coleslaw Peaches Whole Wheat Roll	10 Fish Fingers Carrots, Brown Rice Coleslaw & Applesauce Whole Wheat Roll
13 new Salisbury Steak, Mashed Potatoes and Gravy, Cucumber/Tomato Salad, Green Beans, Fruit Cocktail, WW Roll	♥ Chicken Salad Hamburger Bun Corn Salsa Pineapple Tidbit, Peanut Butter Cookie	15 Hamburger Patty & Bun, Lettuce & Tomato Tater Tots, Peas Mandarin Oranges	16 Sweet & Sour Chicken Mixed Veg, Brown Rice, Green Salad, Italian Dressing, Pineapple, Whole Wheat Roll	17 Breaded Haddock Macaroni and Cheese Salad, Italian Dressing Mandarin Oranges Whole Wheat Rolls
20 NO DELIVERIES IN OBSERVANCE OF PRESIDENTS DAY	21 Taco Meat, Pinto Beans, Corn, Brown Rice, Lettuce & Tomatoes, Fruit Cocktail	22 Chicken Marsala, Peas, Brown Rice Pilaf, Fruit Cocktail, Cookies, Whole Wheat Bun	23 new Chili Macaroni, Lettuce, Tomato, Mixed Veg, Mandarin Oranges, Tater Tots, Whole Wheat Roll	24 Tuna Salad Sandwich, Wheat Hamburger Bun, Green Salad w/Italian, Mandarin Oranges, Carrot and Celery Sticks
27 new Turkey a la King, Green Beans, Coleslaw, Peaches, Whole Wheat Roll	28 Sweet & Sour Chicken, Brown Rice, Mixed Veg, Green Salad Pineapple, WW Roll	**Café Program:** Reservations are made by writing your name in the reservation book on site or by calling the café phone number listed on the back. **MyMeals Program:** Call office (530) 889-9500 x208		

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Lunches provide 1/3 of the recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind!

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ATTENTION:

*Please store your meal in the refrigerator if not eaten immediately

*Discard the meal after 3 days

*When reheating your meal please follow these instructions:

MICROWAVE- Heat 1-2 minutes on high. Check meal & reheat 1-2 minutes if needed.

OVEN- Preheat oven to 250°F. Heat meal for 15-20 minutes until it reaches 165°F.

Nutrition News

Eating Right Isn't Complicated

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Source: http://www.eatright.org

Contact Us:

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www.seniorsfirst.org

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Seniors First is Partially Funded by Area 4 Agency on Aging, Community grants & tax deductible donations

SENIORS FIRST CAFES

Auburn Senior Center
550 High Street
(530) 889-9500 x208
Café Open 11:00a– 1:00p

Colfax- Methodist Church
59 W Church Street
(623) 628-5975
Café Open—Mon-Wed-Fri
11:00a– 1:00p

Lincoln – Methodist Church
629 I Street
(916) 316-1422
Open Daily 10:45a– 12:45p

Rocklin – Rolling Oaks
5725 Shannon Bay Dr.
(916) 622-1295
Open Daily 10:15a – 12:15p

Roseville – Maidu Village
101 Sterling Ct.
(916) 622-8524
Open Daily 10:00a– 12:45p

Roseville – Manzanita
1019 Madden Lane
(530) 368-2404
Open Daily 10:00a– 1:00p

Roseville – Sutter Terrace
6725 Fiddyment Road
(530) 368-9146
Open Daily 10:00a – 1:00p

Roseville - Woodcreek Terrace
1295 Hemmingway
(530) 305-0274
Open Daily 10:30a – 12:30p