



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Café Program:</b> Reservations are made by writing your name in the reservation book on site or by calling: (530) 889-9500 x208		<b>1</b> Chicken Alfredo, Peas Spinach Salad Fruit Cocktail Whole Wheat Roll	<b>2</b> Lasagna, Mixed Vegetables, Green Salad, Peaches Whole Wheat Roll	<b>3</b> Poached Pollock, Diced Carrots, Brown Rice Pilaf Green Salad w/Italian Mandarins & WW Rolls
<b>6</b> Meatloaf, Mashed Potatoes, Gravy, Cucumber/Tomato Salad, Green Beans Fruit Cocktail, WW Roll	<b>7</b> Polish Sausage, Whole Wheat Bun, Mixed Vegetables, Green Salad, Mandarin Oranges	<b>8</b> Diced Chicken, Scalloped Potatoes, Mixed Veg, Brown Rice Green Salad, Fruit Cocktail, Wheat Roll	<b>9</b> Tamale Pie, Corn, Coleslaw Peaches Whole Wheat Roll	<b>10</b> Fish Fingers, Carrots, Brown Rice Coleslaw, Applesauce Whole Wheat Roll
<b>13</b> Salisbury Steak, Mashed Potatoes, Gravy, Cucumber/Tomato Salad, Green Beans, Fruit Cocktail, WW Roll	<b>14</b> Chicken Salad Hamburger Bun Corn Salsa Pineapple Tidbit, Peanut Butter Cookie	<b>15</b> Hamburger Patty & Bun, Lettuce & Tomato Tater Tots, Peas Mandarin Oranges	<b>16</b> Sweet & Sour Chicken Mixed Veg, Brown Rice, Green Salad, Italian Dressing, Pineapple, Whole Wheat Roll	<b>17</b> Breaded Haddock Macaroni and Cheese Salad, Italian Dressing Mandarin Oranges Whole Wheat Rolls
<b>20</b> Turkey and Dressing, Chicken Gravy, Green Beans, Fruit Salad, Carrot Raisin Salad, Whole Wheat Roll	<b>21</b> Taco Meat, Pinto Beans, Corn, Brown Rice, Lettuce & Tomatoes, Fruit Cocktail	<b>22</b> Chicken Marsala, Peas, Brown Rice Pilaf, Fruit Cocktail, Cookies, Whole Wheat Bun	<b>23</b> Chili Macaroni, Lettuce, Tomato, Mixed Veg, Mandarin Oranges, Tater Tots, Whole Wheat Roll	<b>24</b> Tuna Salad Sandwich, Wheat Hamburger Bun, Green Salad w/Italian, Mandarin Oranges, Carrot and Celery Sticks
<b>27</b> Turkey a la King, Green Beans, Coleslaw, Peaches, WW Roll	<b>28</b> Sweet & Sour Chicken, Brown Rice, Mixed Veg, Green Salad, Pineapple, WW Roll	<b>29</b> Chicken Alfredo, Peas Spinach Salad Fruit Cocktail Whole Wheat Roll	<b>30</b> Lasagna, Mixed Vegetables, Green Salad, Peaches Whole Wheat Roll	<b>31</b> Poached Pollock, Diced Carrots, Brown Rice Pilaf Green Salad w/Italian Mandarins & WW Rolls

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



### **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.

### **MyMeals Program:**

(530) 889-9500 x208



# Nutrition News

## Healthy Nutrition for Healthy Teeth



Daily brushing with fluoride toothpaste and flossing are essential to a healthy smile, but did you know nutrition has an effect on your dental health, too?

Eating a variety of nutrient-rich foods from all the food groups promotes healthy teeth and gums. A balanced diet of fruits, vegetables, protein foods, dairy products and whole grains provides essential nutrients for optimum oral health as well as overall health.

### Foods for Optimum Oral Health

- Calcium-rich foods, such as low-fat or fat-free milk, yogurt and cheese, fortified soy drinks and tofu, canned salmon, almonds and dark green leafy vegetables help promote strong teeth and bones.
- Phosphorus, found in eggs, fish, lean meat and dairy products, is good for strong teeth.
- Vitamin C promotes gum health, so eat plenty of citrus fruits, tomatoes, peppers, broccoli, potatoes and spinach.

Smart snacking also can keep your mouth in good shape. Resist the urge to snack frequently — the more often you eat, especially between meals, the more likely you are to introduce acid attacks on your teeth. If you do snack, choose wisely. Forgo sugary treats such as hard or sticky candy and opt for nutritious choices such as raw vegetables, fruits, plain yogurt, cheese, milk and popcorn. Remember to brush after snacking to keep cavities at bay. If you can't brush, rinse your mouth with water to get rid of food particles.

Caring for a baby? Avoid pacifying your infant, toddler or young child with a bottle of juice, formula or milk. Sucking on the bottle bathes the teeth and gums in liquid which can contribute to tooth decay.

In addition to healthful eating, oral health problems can be prevented by practicing good oral hygiene, such as brushing teeth with fluoridated toothpaste twice a day, flossing once a day, drinking fluoridated water and seeking regular oral health care.

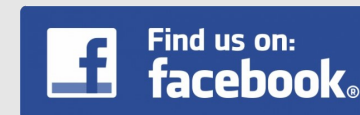
Source: <http://www.eatright.org>



### For Café Reservations Call:

(530) 889-9500 x208

[www.seniorsfirst.org](http://www.seniorsfirst.org)  
12183 Locksley Ln. Suite 205  
Auburn, CA 95602



*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  
Café Open—Mon-Wed-Fri  
11:00a– 1:00p

**Lincoln – Methodist Church**  
629 I Street  
Open Daily 10:45a– 12:45p

**Rocklin – Rolling Oaks**  
5725 Shannon Bay Dr.  
Open Daily 10:15a – 12:15p

**Roseville – Maidu Village**  
101 Sterling Ct.  
Open Daily 10:00a– 12:45p

**Roseville – Manzanita**  
1019 Madden Lane  
Open Daily 10:00a– 1:00p

**Roseville – Sutter Terrace**  
6725 Fiddymont Road  
Open Daily 10:00a – 1:00p

**Roseville - Woodcreek Terrace**  
1295 Hemmingway  
Open Daily 10:30a – 12:30p