



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15 BBQ Pork Rib Patty, Whole Wheat Bun, Paprika Potatoes, Green Beans, Cinnamon Apples	16 Lemon Baked Chicken Breast, Oven-Striped Potatoes, Irish Blend Vegetables, Diced Pears, Whole Gr Roll	17 Sloppy Joes, Whole Wheat Bun, Parsley Potatoes, 3-Bean Salad, Iced Banana Cake	18 Salisbury Steak & Gravy, Sautéed Peppers, Baked Potato, Beats, WW Roll, Fresh- baked Sugar Cookie	19 Italian Sausage, Whole Wheat Bun, Potato Salad, Peas & Carrots, Mandarin Oranges
22 Roasted Turkey Breast, Mashed Potatoes & Gravy, Carrots, Pineapple Chunks WW Roll	23 Swedish Meatballs & Gravy, Whole Gr Rotini, Peas, Orange and WW Roll	24 Chicken Stir Fry, Whole Gr Br Rice, Mandarin Oranges, Whole Gr Roll, Choc Chip Cookie	25 Chili Con Carne & Beans, Noodles, Southern Corn Bread, Tropical Fruit, Gelatin Cake	26 Beef & Cheese Lasagna, Garden Salad w/Italian Dressing, Bread Stick, Rice Pudding
29 Br Sugar Glazed Pork Ham, Mashed Sweet Potatoes, Broccoli, WW Roll, Banana Pudding w/Wafer	30 Rotini in Italian Sauce, Broccoli & Cauliflower, Whole Gr Roll, Crispy Rice Treat	31 Stuffed Peppers, Kettle Blend Mixed Vegetables, Whole Gr Roll, Fudge Brownie	Café Program: Reservations are made by writing your name in the reservation book on site or by calling: (530) 889-9500 x208	

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





Nutrition News

Prevent Cancer by Eating Right



Did you know you can reduce your risk of cancer? More than 1.5 million people in the United States get cancer each year, and research shows that many of these cases could be prevented.

While cancer prevention is still being researched, we do know your chances of developing cancer are affected by the lifestyle choices you make. In fact, new research shows as many as one-third of all cancer deaths are linked to diet and physical activity. Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are eating right, being physically active on a regular basis and maintaining a healthy weight throughout life.

Here are some general guidelines to help reduce your cancer risk through eating right.

-Eat less foods that are high in calories and fat and low in nutrients. Foods with added sugars and fats can cause weight gain and leave little room for more healthful, cancer-preventive foods. You can still enjoy the foods you love, just eat smaller portions of high-calorie foods.

-Eat plenty of fruits and vegetables including beans, which are linked with a lower risk of certain cancers. Fill half your plate each meal with a variety of colorful fruits and vegetables.

-Limit alcohol. Evidence suggests all types of alcoholic drinks may increase your risk of breast, pancreatic and other forms of cancer. If you drink at all, limit alcoholic drinks to no more than one drink daily for women and two for men.

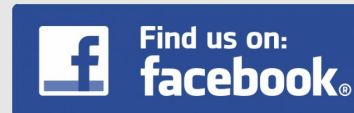
For more tips on reducing your risk or managing diseases through nutrition, consult a registered dietitian nutritionist in your area.



For Café Reservations Call:

(530) 889-9500 x208

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
(530) 889-9500 x208

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

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

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

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

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

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