



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Marinated Boneless Chicken Breast w/Italian Sauce, Whole Grain Rotini, Broccoli, Peaches, Bread Stick	4 HAPPY 4th of JULY No Delivery Today	5 Beef Patty, WW Hamburger Bun, Lyonnaise Potatoes, Peas, Orange, Fudge Brownies	6 Roasted Turkey Breast, Parsley Potatoes w/Gravy, Vegetables, WW Bread, Chocolate Pudding	7 Chicken Ala King, Bakery Bisquit, Carrots, Tropical Fruit
10 BBQ Pork Rib Patty, Whole Wheat Bun, Paprika Potatoes, Green Beans, Cinnamon Apples	11 Lemon Baked Chicken Breast, Oven-Striped Potatoes, Vegetables, Diced Pears, W Gr Roll	12 Sloppy Joes, WW Bun, Parsley Potatoes, 3-Bean Salad, Iced Banana Cake	13 Salisbury Steak & Gravy, Sautéed Peppers, Baked Potato, Beats, WW Roll, Fresh-baked Sugar Cookie	14 Italian Sausage, Whole Wheat Bun, Potato Salad, Peas & Carrots, Mandarin Oranges
17 Roasted Turkey Breast, Mashed Potatoes & Gravy, Carrots, Pineapple Chunks Whole Wheat Roll	18 Swedish Meatballs & Gravy, Whole Gr Rotini, Peas, Orange and Whole Wheat Roll	19 Chicken Stir Fry, Whole Gr Br Rice, Mandarin Oranges, Whole Gr Roll, Chocolate Chip Cookie	20 Chili Con Carne & Beans, Noodles, Southern Corn Bread, Tropical Fruit, Gelatin Cake	21 Beef & Cheese Lasagna, Garden Salad w/Italian Dressing, Bread Stick, Rice Pudding
24 Brown Sugar Glazed Pork Ham, Mashed Sweet Potatoes, Broccoli, WW Roll, Banana Pudding	25 Rotini in Italian Sauce, Broccoli & Cauliflower, Whole Gr Roll, Crispy Rice Treat	26 Stuffed Peppers, Kettle Blend Mixed Vegetables, Whole Gr Roll, Fudge Brownie	27 Pulled Chicken, Parsley Noodles, Cole Slaw, Mandarin Oranges, WW Bread, Carrot Cake	28 Beef Patty w/Peppers & Onions, Mashed Potatoes & Gravy, Cabbage, Fruit, Snickerdoodle Cookie
31 Marinated Boneless Chicken Breast w/Italian Sauce, Whole Grain Rotini, Broccoli, Peaches, Bread Stick	<p><u>Meals on Wheels Placer County:</u> Meals are delivered Monday through Friday, except on holidays. Delivery times vary please call for more information. (530) 878-5718</p>			

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.





Nutrition News

4 Types of Foods to Help Boost Your Memory



If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

Eat your veggies. You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.

Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

Get adequate omega-3 fatty acids. Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. "DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently," says Andrea Giancoli, RD, registered dietitian and past Academy of Nutrition and Dietetics spokesperson (2005-2014).

Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Work in walnuts. Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

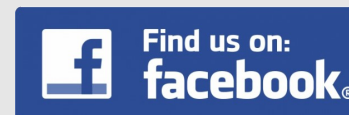
Source: <http://www.eatright.org>



For More Information Call:

(530) 889-9500 x210

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
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
(530) 305-0274

For Café Reservations Call:
(530) 889-9500 x210