

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> BBQ Pork Rib Patty, Potatoes, Green Beans, Cinnamon Apples, Whole Wheat Bun	<b>3</b> Lemon-Baked Chicken Breast, Stripped Potatoes, Irish Veggie Blend, Diced Pears, Roll	<b>4</b> Sloppy Joe w/Whole Wheat Bun, Tater Tots, 3-Bean Salad, Iced Banana Cake	<b>5</b> Salisbury Steak, Gravy, w/Baked Potato, Sautéed Peppers, Beets, Wheat Bread	<b>6</b> Italian Sausage, Whole Wheat Bun, Potato Salad, Peas & Carrots, Mandarin Oranges
<b>9</b> Roasted Turkey Breast, Mashed Potatoes & Gravy, Carrots, Pineapple Chunks, Wheat Bread	<b>10</b> Swedish Meatballs w/Gravy, Rotini, Peas, Oranges, Whole Wheat Bread	<b>11</b> Chicken Stir-Fry, Brown Rice, Mandarin Oranges, Dinner Roll, Chocolate Chip Cookie	<b>12</b> Chili Con Carne w/Beans, Noodles, Corn Bread, Tropical Fruit, Gelatin Cake.	<b>13</b> Beef & Cheese Lasagna, Garden Salad, Bread Stick, Rice Pudding
<b>16</b> Brown Sugar Glazed Ham, Mashed Sweet Potatoes, Broccoli, Roll, Banana Pudding	<b>17</b> Rotini Italian Meat Sauce, Broccoli, Cauliflower, Crispy Treat, Dinner Roll	<b>18</b> Stuffed Bell Pepper, Mixed Veggies, Roll, Fudge Brownie	<b>19</b> Pulled Chicken, Parsley Noodles, Coleslaw, Oranges, Whole Wheat Bread, Carrot Cake	<b>20</b> Beef Patty, Potatoes, Green Pepper & Onion Gravy, Cabbage, Mixed Fruit, Snickerdoodle
<b>23</b> Italian Chicken Breast with Parmesan Cheese, Broccoli, Peaches, Bread Stick	<b>24</b> Baked Pork Chop, mashed Potatoes & Gravy, Cabbage, Strawberries, Wheat Bread & Pink Cake	<b>25</b> Hamburger on Whole Wheat Bun, Peas, Oranges, Fudge Brownie, Condiments	<b>26</b> Roasted Turkey Breast, Parsley Potatoes & Gravy, Veggies, Wheat Bread, Chocolate Pudding	<b>27</b> Chicken ALA King, Bakery Biscuit, Carrots, Tropical Fruit
<b>30</b> BBQ Pork Rib Patty, Potatoes, Green Beans, Cinnamon Apples, Whole Wheat Bun	<p><b>Meals on Wheels Placer County 530.878.5718</b>                      Meals are delivered Monday through Friday, except on holidays.                      Delivery times may vary – menu is subject to change without notice.                      Please call 24 hours in advance to cancel delivery.</p>			

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



\*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.

**(530) 878-5718**





# Nutrition News

## Healthy Weights for Healthy Older Adults



Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your strength, energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

### More Nutrients, Fewer Calories

As adults age, they need fewer total calories, but more nutrients, especially protein, B-vitamins and calcium. In terms of nutrition, you need to focus on quality not quantity. All your food choices, for every food group, need to be power-packed with more nutrients per calorie. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose foods from all the MyPlate food groups.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, meals-on-wheels or supplemental nutrition assistance programs in your community.

The golden years are definitely not the time for extreme diets or drastic weight loss. Your goal should be to eat better while eating less. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your health provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities could help you lose a little fat, while maintaining strong muscles and bones.

### Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat or chicken also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

**-Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.

**-Make Your Crackers Count.** Spread peanut butter on your crackers and eat them along side soup, chili or salad.

**-Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.

**-Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal.

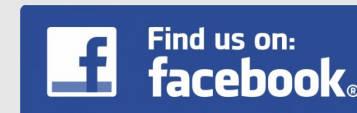
**-Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

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

## For More Information Call:

### (530) 878-5718

www.seniorsfirst.org  
12183 Locksley Ln. Suite 205



*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 11:00a– 1:00p

**Rocklin – Rolling Oaks**  
5725 Shannon Bay Dr.  
Open Daily 10:30a – 12:30p

**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) 878-5718**