



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Happy 4th of July No Delivery	5	6
9 Meatloaf, Mashed Potatoes & Gravy, Mixed Veggies, Side Salad	10 Breakfast for Lunch! Scrambled Eggs, Hash Browns, Fresh Orange Slice, Coffee Cake	11 Herbed Baked Chicken, Rice, Corn, Side Salad Slice of Bread, Mandarin Orange	12 Pork Rib Patty, Ranch Beans, Sweet Potato Fries, Banana	13 Swedish Meatball Sandwich, Mashed Potatoes, Side Salad, Sliced Peaches
16 Beef Hamburger, Green Beans, Side salad Sliced Oranges	17 Turkey & Rice Casserole, Broccoli, Side Salad, Cinnamon Applesauce	18 Mexi-Taco Meat, Refried Beans, Shredded Cheese, Flour Tortilla, Side salad	19 Chili & Rice, Carrots, Banana, Banana Pudding	20 Spaghetti with Italian Meat Sauce, Green Beans, Side Salad, Peach Crisp
23 Chicken Sandwich, Boston Baked Beans, Side Salad, Fudge Brownie	24 Meat Loaf, Mashed Potatoes & Gravy, Calico Baked Beans, Carrots, Sliced Pears	25 Turkey Stew, Potatoes Corn, Side Salad Applesauce	26 BBQ Chicken, Fluffy Rice, Green Beans, Side salad, Sliced Oranges	27 Beef Hamburger, Sweet Potato Fries, Baked Beans, Fruit
30 Spaghetti w/Italian Meat Sauce, Carrots, Applesauce, Garlic Bread	31 Chicken Stir Fry Over Rice, Side Salad, Slice of Bread, Banana	<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.		

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

## 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) 878-5718

[www.seniorsfirst.org](http://www.seniorsfirst.org)



*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  
Mon-Wed-Fri

### Colfax- Methodist Church

59 W Church Street  
Mon-Wed-Fri

### Lincoln – Methodist Church

629 I Street

### Rocklin – Rolling Oaks

5725 Shannon Bay Dr.  
Mon-Fri

### Roseville Area

Monday—Friday

### Maidu Village

101 Sterling Ct.

### Manzanita

1019 Madden Lane

### Sutter Terrace

6725 Fiddyment Road

### Woodcreek Terrace

1295 Hemmingway

For Serving Times and Café Reservations Call:

### (530) 878-5718