



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>No Deliveries In Observance of Labor Day</b>	4 Turkey & Rice Casserole, Broccoli, Side Salad, Cinnamon Applesauce	5 Mexi-Taco Meat, Refried Beans, Shredded Cheese, Flour Tortilla, Side salad	6 Chili & Rice, Carrots, Banana, Banana Pudding	7 Spaghetti with Italian Meat Sauce, Green Beans, Side Salad, Peach Crisp
10 Chicken Sandwich, Boston Baked Beans, Side Salad, Fudge Brownie	11 Meat Loaf, Mashed Potatoes & Gravy, Calico Baked Beans, Carrots, Sliced Pears	12 Turkey Stew, Potatoes Corn, Side Salad Applesauce	13 BBQ Chicken, Fluffy Rice, Green Beans, Side salad, Sliced Oranges	14 Beef Hamburger, Sweet Potato Fries, Baked Beans, Fruit
17 Spaghetti w/Italian Meat Sauce, Carrots, Applesauce, Garlic Bread	18 Chicken Stir Fry Over Rice, Side Salad, Slice of Bread, Banana	19 Beef Patty, with Home Fries, Bun, Small Salad, Apple Crisp	20 Enchilada, Rice Casserole, Corn, Small Salad, Mandarin Oranges	21 Beef Stroganoff, Mashed Potatoes, Carrots, Cinnamon Applesauce
24 Meatloaf, Mashed Potatoes & Gravy, Mixed Veggies, Side Salad	25 Breakfast for Lunch! Scrambled Eggs, Hash Browns, Fresh Orange Slice, Coffee Cake	26 Herbed Baked Chicken, Rice, Corn, Side Salad Slice of Bread, Mandarin Orange	27 Pork Rib Patty, Ranch Beans, Sweet Potato Fries, Banana	28 Swedish Meatball Sandwich, Mashed Potatoes, Side Salad, Sliced Peaches
<b>Meals on Wheels Placer County</b> <b>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

## What Are Chia Seeds?



When you hear "chia" your first thought may be of the green fur or hair of Chia Pets, collectible clay figurines. But did you know that chia seeds also can be a healthful addition to your diet?

Chia seeds come from the desert plant *Salvia hispanica*, a member of the mint family. *Salvia hispanica* seed often is sold under its common name "chia" as well as several trademarked names. Its origin is believed to be in Central America where the seed was a staple in the ancient Aztec diet. The seeds of a related plant, *Salvia columbariae* (golden chia), were used primarily by Native Americans in the southwestern United States.

Chia seeds have recently gained attention as an excellent source of omega-3 fatty acid. They also are an excellent source of fiber at 10 grams per ounce (about 2 tablespoons), and contain protein and minerals including iron, calcium, magnesium and zinc.

Emerging research suggests that including chia seeds as part of a healthy diet may help improve cardiovascular risk factors such as lowering cholesterol, triglycerides and blood pressure. However, there are not many published studies on the health benefits of consuming chia seeds and much of the available information is based on animal studies or human studies with a small number of research participants.

### How to Eat Chia Seeds

Chia seeds can be eaten raw or prepared in a number of dishes. Sprinkle ground or whole chia seeds on cereal, rice, yogurt or vegetables. In Mexico, a dish called chia fresco is made by soaking chia seeds in fruit juice or water. Chia seeds are very absorbent and develop a gelatinous texture when soaked in water making it easy to mix them into cooked cereal or other dishes.

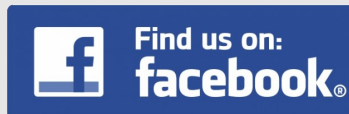
The seeds are not the only important part of the chia plant; the sprouts also are edible. Try adding them to salads, sandwiches and other dishes

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

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**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

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**For Serving Times and Café Reservations Call:**

### **(530) 878-5718**