

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3 Baked Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	4 *Frozen Meal (Delivered on Monday)	5 Beef Chili, Rice, Southern Cornbread, Green Beans, Fruit Cocktail, Milk	6 *Frozen Meal (Delivered on Wednesday)	7 Sloppy Joes, Carrots French Fries, Cinnamon Applesauce, Milk	8
9 	10 Meatloaf with Marinara Sauce, Garlic Noodles, Green Beans, Salad, Applesauce, Milk	11 *Frozen Meal (Delivered on Monday)	12 Herbed Chicken, Fluffy Rice, Broccoli, Salad, Bread, Jell-O Carrot Salad, Milk	13 *Frozen Meal (Delivered on Wednesday)	14 Beef Patty, Candied Sweet potatoes, coleslaw, garlic breadstick, peaches, milk	15 
16	17 Beef Patty, Bun, Baked Beans, Coleslaw, Fruit Cocktail, Milk	18 *Frozen Meal (Delivered on Monday)	19 Beef Taco Meat, Tortilla, Refried Beans, Cheese, salsa, Mandarin Oranges, Milk	20 *Frozen Meal (Delivered on Wednesday)	21 Chicken Breast, Spaghetti Noodles, Broccoli, Lettuce Salad, Peaches, Milk	22
23	24 Roast Beef, Baked Potato, Coleslaw, Pineapple, Milk	25 *Frozen Meal (Delivered on Monday)	26 Lemon Baked Fish, Tater tots, Broccoli, Applesauce, Milk	27 *Frozen Meal (Delivered on Wednesday)	28 Beef Patty, Bun, Baked Beans, candied sweet potatoes, Mandarin Oranges, Milk	29 
30	31 					

*Items on the menu are subject to change without advanced warning due to current circumstances and supply issues at the kitchen.

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

3 days a week delivery unless notated on Calender

*Please store your meal in the refrigerator if not eaten immediately

*Discard the meal after 3 days

*Reheating Instructions for meals 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.



Cancellations must be called in before 12:00 pm on the previous service day. Failing to notify office Could result in removal from program.

(530) 878-5718

Nutrition News Healthy Weights

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 energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

Focus on Nutrient DensityAs adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all of the MyPlate food groups regularly.

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 definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. 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 healthcare provider or a [registered dietitian nutritionist](#) about the best plan for you. The right balance of foods and activities can help you maintain 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 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 whole-grain crackers and eat them as snacks or alongside 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.

SENIORS FIRST CAFES

Auburn Cafe

12183 Locksley Lane

Lincoln Cafe

391 H Street

Rocklin Cafe

5725 Shannon Bay Dr.

Roseville – Maidu Village

101 Sterling Ct.

Roseville – Manzanita

1019 Madden Lane

Roseville – Sutter Terrace

6725 Fiddymont Road

Roseville - Woodcreek

Terrace

1295 Hemmingway

For Serving Times and Café Reservations Call:

(530) 878-5718

**Due to Covid-19 Cafés are
Pick-up Only**



For more information Call:

(530) 878-5718

www.seniorsfirst.org



**AGENCY
ON AGING
AREA 4**