


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

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 Calendar

\*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**

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



## Nutrition News

# Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! To get these nutrients — your best sources of vitamins, minerals and antioxidants are from whole foods, since it may be a combination of nutrients within that provide these benefits.

### ***Kale: See the Light***

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, papaya and pistachios. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. And kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

### ***Sweet Potatoes: The Color of Health***

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

### ***Strawberries: Help You "C" Better***

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

### ***Healthy Fats: Include sources of Omega-3s***

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3s. Salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include this type of healthy fat are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

## **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

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

