

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

## Chronic Kidney Disease: How to Keep Your Kidneys Healthy

Working hard to filter out and prevent buildup of fluid and waste, your kidneys are your body's lifeline to good health. Besides acting as a filtration system, your kidneys play a key role in bone and heart health, as well as in the balance of acid and alkaline in your body. What happens when they start to fall short at performing these important tasks? Once damaged, kidneys have a difficult time sweeping away the waste and fluid formed from digestion and tissue turnover, causing a buildup in the blood stream. This leads to complications such as high blood pressure, anemia, weakened bones, declined nutritional status, as well as possible nerve damage. A gradual decline in kidney function is known as chronic kidney disease, and there are five stages depending on how well the kidneys are working. Because the kidneys are unable to filter out waste at full capacity, diet becomes extremely important. Those with chronic kidney disease may need to limit protein and fluids, in addition to restricting salt, phosphorus and potassium. A registered dietitian nutritionist can help in making these diet changes a success, especially if you have other health conditions to consider. By working with an RDN, you'll learn how to get a balance of important nutrients in your diet.

### Both Mind and Action

**Be positive.** Our brains are a powerful tool. By switching to a more positive mindset, you'll be excited about the food options that are still available to you. Concentrate on what you can have versus what you can't have. You'll find that the list of lower potassium foods is much longer than you thought. *Real food tip:* Make a vibrantly colored, antioxidant-rich fruit salad with raspberries, strawberries, grapes and blueberries. Toss with fresh lime juice and chopped mint. **Be creative.** Take old favorites and put a new spin on them. Tomatoes may be high in potassium, but you don't have to give up salsa. Try fresh fruits as a fun swap. Instead of steaming, toss broccoli or cauliflower in olive oil and roast to caramelize and bring out their natural sweetness. Skip the store-bought salad dressings loaded with salt and make your own.

*Real food tip:* Try new topping alternatives for your tacos. Instead of cheese, try shredded carrots. Mix light mayonnaise with lime juice as a substitute for sour cream and use charred corn salsa for tomato salsa.

**Plan ahead.** Before making reservations, look at the menu before you dine out. Call the restaurant to ask how they can accommodate your dietary needs. Another tip, pack safe foods in your purse or bag in case of a "snack emergency."

*Real food tip:* Make your own snack mix. Combine dried cranberries, rice cereal squares, freeze-dried apples and low-sodium pretzels for a crunchy and sweet snack.

**Experiment.** It's easy to find yourself eating the same foods every day. Excite your palate by exploring the grocery store and picking up something new. From spaghetti squash to jicama, the opportunity to discover and try new foods is endless. Speak with the store's staff and consult a registered dietitian nutritionist to make sure the foods fit into your diet plan. *Real food tip:* Jicama is crisp and refreshing. To use, peel and then slice or dice. Toss jicama into your favorite stir fry dish, salad or serve as sticks with dip for a snack.

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

### SENIORS FIRST CAFES

#### Auburn Cafe

12183 Locksley Lane

Mon-Thu-Fri

#### 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**

**For more information Call:**

**(530) 878-5718**

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

