

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Baked Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	2 *Frozen Meal (Delivered on Monday)	3 Beef Chili, Rice, Southern Cornbread, Green Beans, Fruit Cocktail, Milk	4 *Frozen Meal (Delivered on Wednesday)	5 Sloppy Joes, Carrots French Fries, Cinnamon Applesauce, Milk	6
7	8 Meatloaf with Marinara Sauce, Garlic Noodles, Green Beans, Salad, Applesauce, Milk	9 *Frozen Meal (Delivered on Monday)	10 Herbed Chicken, Fluffy Rice, Broccoli, Salad, Bread, Jell-O Carrot Salad, Milk	11 *Frozen Meal (Delivered on Wednesday)	12 Beef Patty, Bun, Baked Beans, Coleslaw, Fruit Cocktail, Milk	13
14 	15 Closed No Delivery 	16 *Frozen Meal (Delivered on Monday)	17 Beef Taco Meat, Tortilla, Refried Beans, Cheese, salsa, Mandarin Oranges, Milk	18 *Frozen Meal (Delivered on Wednesday)	19 Chicken Breast, Spaghetti Noodles, Broccoli, Lettuce Salad, Peaches, Milk	20
21	22 Roast Beef, Baked Potato, Coleslaw, Pineapple, Milk	23 *Frozen Meal (Delivered on Monday)	24 Lemon Baked Fish, Tatar tots, Broccoli, Applesauce, Milk	25 *Frozen Meal (Delivered on Wednesday)	26 Beef Patty, Bun, Baked Beans, candied sweet potatoes, Mandarin Oranges, Milk	27
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\*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 notided 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**



### Five Nutrition Tips to Promote Wound Healing

We've all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds on healthy people heal quickly when kept clean and free of infection, while other types of wounds are more serious and often require medical intervention.

Serious wounds may include decubitus ulcers, also known as pressure sores or bed sores, which develop where bones are close to the skin — such as ankles, back, elbows, heels and hips. These wounds are a risk for people who are bedridden, use a wheelchair or are unable to change their position. People with diabetes also have a higher risk of developing foot ulcers that can take weeks or months to heal.

Fortunately, healthful food choices may help with recovery by providing the energy, vitamin, mineral and protein requirements necessary to promote healing. Promote Wound Healing with Good Nutrition

Plan healthy, balanced meals and snacks that include the right amount of foods from all the MyPlate food groups — protein, fruits, vegetables, dairy and grains. Choose vegetables and fruits rich in vitamin C, such as strawberries or spinach. For adequate zinc, choose whole grains and consume protein, such as eggs, meat, dairy or seafood. Some wounds may require a higher intake of certain vitamins and minerals to support healing. Speak with your healthcare provider before starting any new supplements.

Include adequate protein throughout the day. Include a source of protein at each meal or snack. A sample menu may include scrambled eggs for breakfast, black bean tacos for lunch, yogurt or cheese for a snack and chicken at dinner.

Stay well-hydrated with water or other unsweetened beverages.

For people with diabetes, control blood sugar levels to help prevent wounds from developing and to support healing and recovery.

A registered dietitian nutritionist can develop an individualized eating plan with optimum amounts of calories, protein, fluids, vitamins and minerals for your specific needs.

### **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 Fiddymment 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**

