

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Suicide Prevention Month Lifeline 1-800-273-8255	1 *Frozen Meal	2 Herbed Chicken, Fluffy Rice, Broccoli, Salad, Bread, Jell-O Carrot Salad, Milk	3 *Frozen Meal	4 Beef Patty, Candied sweet potatoes, Coleslaw, Garlic Breadstick, Peaches Milk *Frozen Meal	5
6	7 Closed Labor Day	8	9 Beef Taco Meat, Tortilla, Refried Beans, Cheese, salsa, Mandarin Oranges, Milk	10 *Frozen Meal	11 Chicken Breast, Spaghetti Noodles, Broccoli, Lettuce Salad, Peaches, Milk	12
13 Grandparents Day Balance Awareness Week	14 Roast Beef, Baked Potato, Coleslaw, Pineapple, Milk	15 *Frozen Meal	16 Lemon Baked Fish, Tater tots, Broccoli, Applesauce, Milk	17 *Frozen Meal	18 Beef Patty, Bun, Baked Beans, candied sweet potatoes, Mandarin Oranges, Milk	19
20	21 Baked Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	22 *Frozen Meal Falls Prevention Awareness Day	23 Beef Chili, Rice, Southern Cornbread, Green Beans, Fruit Cocktail, Milk	24 *Frozen Meal	25 Sloppy Joes, Carrots French Fries, Cinnamon Applesauce, Milk	26
27	28 Meatloaf with Marinara Sauce, Garlic Noodles, Green Beans, Salad, Applesauce, Milk	29 *Frozen Meal	30 Herbed Chicken, Fluffy Rice, Broccoli, Salad, Bread, Jell-O Carrot Salad, Milk	*Frozen Meal		

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 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 several 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>*

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

