



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Closed	2 Mexi Taco Meat, Refried Beans, Corn Tortilla, Fixings, Salsa, Canned Fruit	3 Pork Loin, Rice Carrots & Cabbage, Bread, Cinnamon Apple Sauce	4 Chicken Breast, Noodles, Broccoli, Lettuce Salad w/ Dressing, Peaches	5
6	7 Roast Beef, Baked Potato, Coleslaw, Pineapple Tidbits	8 Meatloaf, Potatoes, Spinach, Garlic Bread, Pears	9 Lemon Baked Fish, Tator Tots, Broccoli, Orange Applesauce	10 Herbed Baked Chicken, Potato Salad, Mixed Veggies, Bread Sticks, Peaches	11 Beef Patty, Lettuce & Onion, Bun, Baked Beans, Sweet Potatoes, Mandarins Oranges	12
13	14 Seasoned Turkey, Mashed Potatoes, Broccoli, Scalloped Apples	15 Baked Chicken, Candied Carrots, Fries, Salad w/Dressing, Peaches	16 Beef Chili Soup, Rice, Cornbread, Green Beans, Fruit Cocktail	17 Meatballs w/ Marinara, Hot Dog Bun, Corn, Lettuce w/dressing, Mandarins Oranges	18 Sloppy Joe's, Fries, Carrots, Cinnamon Apple Sauce	19
20	21 Martin Luther King Day Closed	22 Scrambled Eggs w/ Shredded Cheese, Hash browns, Corn Tortilla, Salsa, Fruit Cocktail	23 Herbed Baked Chicken, Rice, Broccoli, Salad w/French Dressing, Bread, Whipped Gelatin	24 Pork Loin, Baked potato, Carrots, Bread, Mandarins Oranges	25 Beef Patty, Sweet Potatoes, Coleslaw, Bread Sticks, Peaches.	26
27	28 Hamburger, Ranch Beans, Coleslaw, Pears	29 Tator Tot Casserole, Broccoli, Salad w/dressing, Peaches	30 Mexi Taco Meat, Refried Beans, Corn Tortilla, Fixings, Salsa, Canned Fruit	31 Pork Loin, Rice Carrots & Cabbage, Bread, Cinnamon Apple Sauce		

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

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

*Discard the meal after 3 days

*When reheating your meal please follow these 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.

(530) 878-5718



Cancellations must be called in before 1:00 pm on the previous service day.



Nutrition News

Prebiotics and Probiotics: Creating a Healthier You

You've probably heard of prebiotics and probiotics, but do you know what they are? Nutrition research has pinpointed specific functional components of foods that may improve health, and prebiotics and probiotics are two such substances.

Although they are available as dietary supplements, it is not necessary to use special pills, potions, cleanses or other concoctions to incorporate prebiotics and probiotics into your diet. These "nutrition boosters" are natural ingredients in everyday food

While research continues in this area of nutrition — investigating how effective and safe these substances are and how much we need to obtain health benefits — here's what we know now.

What Are Prebiotics and What Do They Do?

Prebiotics are natural, non-digestible food components that are linked to promoting the growth of helpful bacteria in your gut. Simply said, they're "good" bacteria promoters. That's right, not all bacteria are bad! Prebiotics may improve gastrointestinal health as well as potentially enhance calcium absorption.

Prebiotics in Your Diet

Prebiotics include fructooligosaccharides, such as inulin and galactooligosaccharides. But rather than focusing on these lengthy words, include more prebiotics in your diet by eating more fruits, vegetables and whole grains such as bananas, onions, garlic, leeks, asparagus, artichokes, soybeans and whole-wheat foods.

What Are Probiotics and What Do They Do?

Probiotics are the "good" bacteria — or live cultures — just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. For instance, probiotics have been used for management of irritable bowel syndrome symptoms.

Probiotics in Your Diet

To obtain more probiotics, look to fermented dairy foods including yogurt, kefir products and aged cheeses, which contain live cultures (for example, bifidobacteria and lactobacilli). Be sure include plenty of non-dairy foods which also have beneficial cultures, including kimchi, sauerkraut, miso, tempeh and cultured non-dairy yogurts.

What Makes Prebiotics and Probiotics the "Dynamic Duo?"

Ultimately, prebiotics, or "good" bacteria promoters, and probiotics, or "good" bacteria, work together synergistically. In other words, prebiotics are breakfast, lunch and dinner for probiotics, which restores and can improve GI health. Products that combine these together are called synbiotics. On the menu, that means enjoying bananas atop yogurt or stir-frying asparagus with tempeh is a win-win.

The bottom line: At a minimum, prebiotics and probiotics are keys for good gut health, which affects many other areas of the body.

Incorporating health-promoting functional foods, such as foods containing prebiotics and probiotics, into the diet aids in creating a healthier you.

For specific advice on obtaining prebiotics and probiotics for your own specific health needs, especially if you have GI issues or a weakened immune system, contact a registered dietitian nutritionist.

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

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