



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------|
| | | | | | 1 Chicken Breast, Spaghetti Noodles, Broccoli, Lettuce Salad, Peaches | 2 |
| 3 Roast Beef, Baked Potato, Coleslaw, Pineapple | 4 Meatloaf in sauce, Lyonnaise Potatoes, Spinach, Garlic Bread, Pears | 5 Baked Fish, Tator Tots, Broccoli, Orange Apple Sauce | 6 Herb Baked Chicken, Potato Salad, mixed Veggies, Garlic Bread, Peaches | 7 Beef Patty w/ Lettuce and Tomato, Hamburger Bun, Baked Beans Sweet Potatoes, Mandarins | 8 | 9 |
| 10 Seasoned Turkey, Mashed potatoes, Broccoli, Scalloped Apples | 11 Baked Chicken, Candied Carrots, Home Fries, Lettuce Salad, Peaches | 12 Beef Chili Soup, Rice, Cornbread, Green Beans, Fruit Cocktail | 13 Meatballs in Sauce, Hotdog Bun, Corn, Lettuce Salad, Mandarin's | 14 Sloppy Joes w/ hamburger bun, French Fries, Carrots, Cinnamon Applesauce | 15 | 16 |
| 17 Closed For President's Day | 18 | 19 Scrambled Eggs W/ Cheese, Hash Browns, Tortilla, Fruit cocktail | 20 Herb Bake Chicken, Rice, Broccoli, Lettuce Salad, Bread, Whipped Gelatin | 21 Pork Loin, Baked Potato, Carrots, Bread, Mandarin | 22 Beef Patty, Sweet Potatoes, Coleslaw, Bread Sticks, Peaches | 23 |
| 24 Beef Hamburger, Ranch Beans, Coleslaw, Pears | 25 TatorTot Casserole, Broccoli, Lettuce salad, Peaches | 26 Mexi taco Meat, Refried Beans, Corn Tortilla, Peaches | 27 Pork Loin, Rice, Carrots & Cabbage, Bread, Cinnamon Applesauce | 28 | | |
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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

5 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. These can 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 — in 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. Food choices and nutritional status influence wound healing since serious wounds increase the energy, vitamin, mineral and protein requirements necessary to promote healing. Also, nutrients are lost in the fluid that weeps from wounds.

The Nutrition Tips

- 1) The first priority is to eat sufficient calories from a balanced diet of nutritious foods. Plan healthy, balanced meals and snacks that include plenty of foods from all the MyPlate food groups — protein, fruits, vegetables, dairy and grains.
- 2) Include optimum amounts of protein. Aim for 20 to 30 grams of protein at each meal and 10 to 15 grams of protein with each snack. A piece of cooked chicken, lean meat or fish the size of a deck of cards (about 3 ounces) contains 20 to 25 grams of protein. One egg, 1 tablespoon of peanut butter and 1 ounce of cheese each contain 6 to 7 grams of protein. One cup of low-fat milk or yogurt contains 8 grams of protein.
- 3) Stay well-hydrated with water and other unsweetened beverages such as tea, coffee, 100-percent fruit juice and milk, which also contains protein.
- 4) Some wounds may require a higher intake of certain vitamins and minerals. Talk with a registered dietitian nutritionist for an individualized eating plan with optimum amounts of calories, protein, fluids, vitamins and minerals for your specific needs.
- 5) For people with diabetes, controlling blood sugar levels is one of the best ways to prevent and treat a wound. Work with your physician and registered dietitian nutritionist to develop a personalized blood sugar management plan.

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



