



March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Breast, Spaghetti Noodles, Broccoli, Lettuce Salad w/ Dressing, Peaches, Milk
4 Roast Beef, Baked Potato, Sour Cream, Butter, Coleslaw, pineapple tidbits, Milk	5 Meatloaf in Marinara sauce, Lyonnaise Potatoes, Spinach, garlic Bread, Pears, Milk	6 Lemon Baked Fish, Tartar Sauce, Tator Tots, Broccoli, Orange Applesauce, Milk	7 Herbed Baked Chicken, Potato Salad, mixed Vegetables, Breadstick, peaches, Milk	8 Beef Patty, Lettuce, Tomato Slice, hamburger Bun, Baked Beans, Sweet Potatoes, Mandarin Oranges, Milk
11 Seasoned Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	12 Baked Chicken, Candied Carrots, Home Fried Potatoes, Lettuce Salad, Peaches, Milk	13 Beef Chili Soup, Rice, Cornbread, Green Beans, Fruit Cocktail, Milk	14 Meatballs w/ Marinara, Hot Dog Bun, Corn, Lettuce Salad, Mandarin Oranges, Milk	15 Sloppy Joes, Hamburger Bun, French Fries, Carrots, Cinnamon Applesauce, Milk
18 Meatloaf, Noodle w/ Marinara Sauce, Green Beans, Lettuce Salad, Cinnamon Applesauce, Milk	19 Scrambled Eggs, Hash Browns, Tortilla, Fruit cocktail, Orange Juice	20 Herbed Baked Chicken, Rice, Broccoli, Lettuce Salad, Bread, Whipped Gelatin, Milk	21 Pork Loin, Baked Potato, Sour Cream, Carrots, Bread, Mandarin Oranges, Milk	22 Beef Patty, Sweet Potatoes, Coleslaw, Breadstick, Peaches, Milk
25 Beef Patty, Hamburger Bun, Ranch Beans, Coleslaw, Pears, Milk	26 Tator Tot Casserole, Broccoli, Lettuce Salad, Peaches, Milk	27 Mexi Taco Meat, Refried Beans, Corn Tortilla, Canned Fruit, Milk	28 Pork Loin, Rice, Carrots & Cabbage, Bread, Cinnamon Applesauce, Milk	29 Chicken Breast, w/Noodles, Broccoli, Lettuce Salad, Peaches, Milk

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

Inflammation and Diet

Inflammation is a protective process you are probably more familiar with than you think. It's the body's method of healing itself in response to an injury or exposure to a harmful substance. This is useful when, for example, skin is healing from a cut; however, inflammation is not always beneficial. Chronic (or ongoing) inflammation occurs when the immune system attacks the body's healthy cells leading to autoimmune diseases such as rheumatoid arthritis, states of immune deficiency including Crohn's disease or skin conditions including psoriasis. Underlying chronic inflammation also may play a role in heart disease, diabetes and Alzheimer's disease. Evidence supporting the impact of specific foods on inflammation in the body is limited. We know that some foods have the capacity to suppress inflammation, but it's unclear how often and how much is needed for this benefit. Though there's promising research for the impact of foods such as fatty fish, berries and tart cherry juice, but beware of anything touted as an anti-inflammatory miracle. "Current science advocates overall good nutrition to help enhance the body's immune system and provide antioxidants to reduce inflammatory stress," explains Cheryl Orlansky, registered dietitian nutritionist and certified diabetes educator. "Healthy fats, such as omega-3 and omega-6 fatty acids, reduce inflammation and help regulate membrane function," says Orlansky. These types of fats should be included in a healthy diet. "Remove those fats that turn on inflammatory processes, such as saturated fat from meats, butter, cream sauces, fried foods and trans fat found in many processed foods," Orlansky says. That's the way to go versus focusing on one specific "superfood." *Source: <http://www.eatright.org>*

Eating to Reduce Inflammation

Luckily, eating with reduced inflammation in mind may be easier than you think.

- Let fruits and vegetables make up at least half your plate at meals. Take care to regularly fit in fresh, frozen or dried berries and cherries. Be sure to eat a variety of vegetables, including leafy greens such as kale, chard and Brussels sprouts.
- Opt for plant-based sources of protein including beans, nuts and seeds.
- Choose whole grains instead of refined ones. Give up white rice and replace it with brown, black or wild rice; whole oats or barley for cream of wheat; and whole-wheat bread instead of white.
- Pick heart-healthy fats as opposed to not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices.
- Choose fatty fish such as salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids.
- Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch.

Though diet is important, it's not the only factor. Quality and duration of sleep and other lifestyle factors can have a direct impact on inflammation. Overall, to avoid issues with chronic inflammation, make it your mission to achieve a healthy diet, maintain a healthy weight, get adequate sleep and engage in regular physical activity.

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 Fiddymment Road

Roseville - Woodcreek Terrace

1295 Hemmingway

.....
For Serving Times And Café

Reservations Call:

(530) 878-5718



For more information Call:

(530) 878-5718

www.seniorsfirst.org

