

# April



# 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Beef, Baked Potato, Sour Cream, Butter, Coleslaw, pineapple tidbits, Milk	2 Meatloaf in Marinara sauce, Lyonnaise Potatoes, Spinach, garlic Bread, Pears, Milk	3 Lemon Baked Fish, Tartar Sauce, Tator Tots, Broccoli, Orange Applesauce, Milk	4 Herbed Baked Chicken, Potato Salad, mixed Vegetables, Breadstick, peaches, Milk	5 Beef Patty, Lettuce, Tomato Slice, hamburger Bun, Baked Beans, Sweet Potatoes, Mandarin Oranges, Milk
8 Seasoned Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	9 Baked Chicken, Candied Carrots, Home Fried Potatoes, Lettuce Salad, Peaches, Milk	10 Beef Chili Soup, Rice, Cornbread, Green Beans, Fruit Cocktail, Milk	11 Meatballs w/ Marinara, Hot Dog Bun, Corn, Lettuce Salad, Mandarin Oranges, Milk	12 Sloppy Joes, Hamburger Bun, French Fries, Carrots, Cinnamon Applesauce, Milk
15 Meatloaf, Noodle w/ Marinara Sauce, Green Beans, Lettuce Salad, Cinnamon Applesauce, Milk	16 Scrambled Eggs, Hash Browns, Tortilla, Fruit cocktail, Orange Juice	17 Herbed Baked Chicken, Rice, Broccoli, Lettuce Salad, Bread, Whipped Gelatin, Milk	18 Pork Loin, Baked Potato, Sour Cream, Carrots, Bread, Mandarin Oranges, Milk	19 Beef Patty, Sweet Potatoes, Coleslaw, Breadstick, Peaches, Milk
22 Beef Patty, Hamburger Bun, Ranch Beans, Coleslaw, Pears, Milk	23 Tator Tot Casserole, Broccoli, Lettuce Salad, Peaches, Milk	24 Mexi Taco Meat, Refried Beans, Corn Tortilla, Canned Fruit, Milk	25 Pork Loin, Rice, Carrots & Cabbage, Bread, Cinnamon Applesauce, Milk	26 Chicken Breast, w/Noodles, Broccoli, Lettuce Salad, Peaches, Milk
29 Roast Beef, Baked Potato, Sour Cream, Butter, Coleslaw, pineapple tidbits, Milk	30 Meatloaf in Marinara sauce, Lyonnaise Potatoes, Spinach, garlic Bread, Pears, 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

## Healthy Weights for Healthy Older Adults

Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults. You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your strength, energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

### More Nutrients, Fewer Calories

As adults age, they need fewer total calories, but more nutrients, especially protein, B-vitamins and calcium. In terms of nutrition, you need to focus on quality not quantity. All your food choices, for every food group, need to be power-packed with more nutrients per calorie. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose foods from all the MyPlate food groups. Retired people on limited incomes may have trouble buying enough nutrient rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, meals-on-wheels or supplemental nutrition assistance programs in your community. The golden years are definitely not the time for extreme diets or drastic weight loss. Your goal should be to eat better while eating less. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people

need for good health. Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your health provider or a registered dietitian nutritionist about the best plan for you. The right balance of foods and activities could help you lose a little fat, while maintaining strong muscles and bones.

### Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat or chicken also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

**-Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.

**-Make Your Crackers Count.** Spread peanut butter on your crackers and eat them alongside soup, chili or salad.

**-Pump Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.

**-Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal. **-Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

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](http://www.seniorsfirst.org)



