

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Lemon Baked Fish, Tartar Sauce, Tator Tots, Broccoli, Orange Applesauce, Milk</p>	<p>2 Herbed Baked Chicken, Potato Salad, mixed Vegetables, Breadstick, peaches, Milk</p>	<p>3 Beef Patty, Lettuce, Tomato Slice, hamburger Bun, Baked Beans, Sweet Potatoes, Mandarin Oranges, Milk</p>
<p>6 Seasoned Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk</p>	<p>7 Baked Chicken, Candied Carrots, Home Fried Potatoes, Lettuce Salad, Peaches, Milk</p>	<p>8 Beef Chili Soup, Rice, Cornbread, Green Beans, Fruit Cocktail, Milk</p>	<p>9 Meatballs w/ Marinara, Hot Dog Bun, Corn, Lettuce Salad, Mandarin Oranges, Milk</p>	<p>10 Sloppy Joes, Hamburger Bun, French Fries, Carrots, Cinnamon Applesauce, Milk</p>
<p>13 Meatloaf, Noodle w/ Marinara Sauce, Green Beans, Lettuce Salad, Cinnamon Applesauce, Milk</p>	<p>14 Scrambled Eggs, Hash Browns, Tortilla, Fruit cocktail, Orange Juice</p>	<p>15 Herbed Baked Chicken, Rice, Broccoli, Lettuce Salad, Bread, Whipped Gelatin, Milk</p>	<p>16 Pork Loin, Baked Potato, Sour Cream, Carrots, Bread, Mandarin Oranges, Milk</p>	<p>17 Beef Patty, Sweet Potatoes, Coleslaw, Breadstick, Peaches, Milk</p>
<p>20 Beef Patty, Hamburger Bun, Ranch Beans, Coleslaw, Pears, Milk</p>	<p>21 Tator Tot Casserole, Broccoli, Lettuce Salad, Peaches, Milk</p>	<p>22 Mexi Taco Meat, Refried Beans, Corn Tortilla, Canned Fruit, Milk</p>	<p>23 Pork Loin, Rice, Carrots &amp; Cabbage, Bread, Cinnamon Applesauce, Milk</p>	<p>24 Chicken Breast, w/Noodles, Broccoli, Lettuce Salad, Peaches, Milk</p>
	<p>28 Meatloaf in Marinara sauce, Lyonnaise Potatoes, Spinach, garlic Bread, Pears, Milk</p>	<p>29 Lemon Baked Fish, Tartar Sauce, Tator Tots, Broccoli, Orange Applesauce, Milk</p>	<p>30 Herbed Baked Chicken, Potato Salad, mixed Vegetables, Breadstick, peaches, Milk</p>	<p>31 Beef Patty, Lettuce, Tomato Slice, hamburger Bun, Baked Beans, Sweet Potatoes, Mandarin Oranges, Milk</p>

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.

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

**(530) 878-5718**

Program funded by:



# Nutrition News

## Resistance Train to Prevent Muscle Loss

When it comes to muscle: use it, lose it or build it! Muscle plays a crucial role in human health; it allows us to stand, walk, balance, lift and breathe. Building and maintaining muscle is important for both men and women, because strong muscles help reduce back pain, prevent falls and more. Registered dietitian nutritionists, personal trainers and physicians agree muscle mass is important for optimal calorie burning, dense bones and increased energy. Consistent resistance training at all ages plays an important role in preventing both sarcopenia and osteoporosis, according to the American College of Sports Medicine. Sarcopenia, as defined by the National Institutes of Health, is slow muscle loss that occurs from aging beginning at 30 years old. An individual can lose between 3 to 8 percent of lean body muscle annually depending upon activity rates and nutrition status. Sarcopenia contributes to loss of strength, mobility issues and disability, and falls are a particular concern for older adults with sarcopenia. Resistance training at least twice a week and consuming an adequate amount of high-quality sources of protein may help to slow or partially reverse the effects of natural, gradual sarcopenia. Resistance training may help prevent osteoporosis, a condition characterized by weak, porous bones, which then become prone to fractures. Similar to sarcopenia, osteoporosis has a gradual onset, with inadequate nutrition and lack of physical activity being some

of the risk factors. Adequate calcium and vitamin D consumption paired with sufficient physical activity, specifically resistance training and weight-bearing exercises, can help prevent osteoporosis, reduce severity of the disease or stop its progression. Although resistance training strengthens and maintains the major muscle groups, it does not always equate to bulking up. Resistance training does not need to happen at the gym; in fact, it is easy to do anywhere. For best outcomes, the ACSM recommends strength training two to three times a week for at least 20 minutes. While some people may prefer weight machines, free weights are the most preferred method and can be used anywhere. When using weight machines, free weights or resistance bands, selecting the proper weight is crucial to improving strength and preventing injury. Set a target of eight to 12 repetitions and work up gradually to two to three sets. If you prefer exercises that do not require weights, exercises that use your own body weight are also a good option. Pushups, squats, planks, hip lifts and dips are just some of the numerous equipment-free resistance training options. Yoga also builds muscle using body weight while improving flexibility and reducing stress. Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones while increased muscle mass can boost energy and metabolism. *Source: <http://www.eatright.org>*

### CAFÉ LOCATIONS

#### **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

**For Serving Times and Café Reservations Call:**

**(530) 878-5718**