

Monday	Tuesday	Wednesday	Thursday	Friday
3 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, Tatar Tots, Broccoli, Orange Applesauce, Milk	7 Herbed Baked Chicken, Potato Salad, mixed Vegetables, Breadstick, peaches, Milk
10 Beef Patty, Lettuce, Tomato Slice, hamburger Bun, Baked Beans, Sweet Potatoes, Mandarin Oranges, Milk	11 Seasoned Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	12 Beef Chili Soup, Rice, Cornbread, Green Beans, Fruit Cocktail, Milk	13 Baked Chicken, Candied Carrots, Home Fried Potatoes, Lettuce Salad, Peaches, Milk	14 Meatballs w/ Marinara, Hot Dog Bun, Corn, Lettuce Salad, Mandarin Oranges, Milk
17 Scrambled Eggs, Hash Browns, Tortilla, Fruit cocktail, Orange Milk	18 Sloppy Joes, Hamburger Bun, French Fries, Carrots, Cinnamon Applesauce, Milk	19 Meatloaf, Noodle w/ Marinara Sauce, Green Beans, Lettuce Salad, Cinnamon Applesauce, Milk	20 Pork Loin, Baked Potato, Sour Cream, Carrots, Bread, Mandarin Oranges, Milk	21 Tatar Tot Casserole, Broccoli, Lettuce Salad, Peaches, Milk
24 Mexi Taco Meat, Refried Beans, Corn Tortilla, Canned Fruit, Milk	25 Roast Beef, Baked Potato, Sour Cream, Butter, Coleslaw, pineapple tidbits, Milk	26 Lemon Baked Fish, Tartar Sauce, Tatar Tots, Broccoli, Orange Applesauce, Milk	27 Sloppy Joes, Hamburger Bun, French Fries, Carrots, Cinnamon Applesauce, Milk	28 Herbed Baked Chicken, Potato Salad, mixed Vegetables, Breadstick, 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.

**Cancellations must be called in before 12:00 pm on the previous service day.**

**(530) 878-5718**

Program funded by:



# Nutrition News

## 5 Top Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about the top foods for eye health. But don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect.

### **Kale: See the Light**

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

### **Sweet Potatoes: The Color of Health**

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

### **Strawberries: Help You, "C" Better**

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

### **Salmon: Goodbye, Dry Eyes**

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

### **Green Tea: Antioxidant Powerhouse**

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.

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 &  
Café Reservations

**(530) 878-5718**

**For more information call:**

**(530) 878-5718**

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

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