

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Beef Patty, Hamburger Bun, Ranch Beans, Coleslaw, Fruit Cocktail, Milk	4 Tater Tot Casserole, Broccoli, Lettuce Salad, Peaches, Milk	5 Mexi taco Meat, Refried Beans, Corn Tortilla, Mandarin Oranges, Milk	6 Pork Loin, Rice, Carrots and Cabbage, Bread, Cinnamon Applesauce, Milk	7 Chicken Breast, spaghetti noodles, Broccoli, Lettuce salad, Peaches, Milk	8
9	10 Roast Beef, Baked Potato, Coleslaw, Pineapple, Milk	11 Meatloaf, Marinara Sauce, Lyonnaise Potatoes, Spinach, Garlic Bread, Fruit Cocktail, Milk	12 Lemon Baked Fish, Tater tots, Broccoli, Applesauce, Milk	13 Herbed Baked Chicken, Potato Salad, Summer Mixed Vegetables, Garlic Breadstick, Peaches, Milk	14 Beef Patty, Hamburger Bun, Lettuce, Tomato, Baked Beans, Sweet Potato, Mandarin Oranges, Milk	15
16	17 Closed Today Presidents Day	18 Baked Chicken, Candied Carrots, Home Fried Potatoes, Lettuce Salad, Peaches, Milk	19 Beef Chili, Rice, Southern Cornbread, Green Beans, Fruit Cocktail, Milk	20 Italian Meatball Sandwich, with Marinara Sauce, Corn, Mandarin Oranges, Milk	21 Sloppy Joes, Carrots French Fries, Cinnamon Applesauce, Milk	22
23	24 Meatloaf with Marinara Sauce, Garlic Noodles, Green Beans, Salad, Applesauce, Milk	25 Chef Salad, Chicken Noodle Soup, Buttermilk Biscuit, Fruit Cocktail, Milk	26 Herbed Chicken, Fluffy Rice, Broccoli, Salad, Bread, Jello Carrot Salad, Milk	27 Pork Loin, Baked Potato, Carrots, Bread, Mandarin Oranges, Milk	28 Beef Patty, Candied sweet potatoes, Coleslaw, Garlick Breadstick, Peaches Milk	29 

Cancellations must be called in before 12:30 pm on the previous service day. (530) 878-5718

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

*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.

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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>

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**For Serving Times And
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For more information Call:

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