

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In Like a Lion 	1 2 Roast Beef, Baked Potato, Coleslaw, Pineapple, Milk	3 Meatloaf, Marinara Sauce, Lyonnaise Potatoes, Spinach, Garlic Bread, Fruit Cocktail, Milk	4 Lemon Baked Fish, Tater tots, Broccoli, Applesauce, Milk	5 Baked Chicken, Potato Salad, Mixed Vegetables, Garlic Breadstick, Peaches, Milk	6 Beef Patty, Bun, Lettuce, Tomato, Baked Beans, Sweet Potato, Mandarin Oranges, Milk	7
8	9 Baked Turkey, Mashed Potatoes, Broccoli, Scalloped Apples, Milk	10 Baked Chicken, Candied Carrots, Home Fried Potatoes, Lettuce Salad, Peaches, Milk	11 Beef Chili, Rice, Southern Cornbread, Green Beans, Fruit Cocktail, Milk	12 Italian Meatball Sandwich, with Marinara Sauce, Corn, Mandarin Oranges, Milk	13 Sloppy Joes, Carrots French Fries, Cinnamon Applesauce, Milk	14
15	16 Meatloaf with Marinara Sauce, Garlic Noodles, Green Beans, Salad, Applesauce, Milk	17 Chef Salad, Chicken Noodle Soup, Buttermilk Biscuit, Fruit Cocktail, Milk	18 Herbed Chicken, Fluffy Rice, Broccoli, Salad, Bread, Jello Carrot Salad, Milk	19 Pork Loin, Baked Potato, Carrots, Bread, Mandarin Oranges, Milk	20 Beef Patty, Candied sweet potatoes, Coleslaw, Garlick Breadstick, Peaches Milk	21
22	23 Beef Patty, Bun, Lettuce, Tomato, Ranch Beans, Coleslaw, Fruit Cocktail, Milk	24 Tator Tot Casserole, Broccoli, Salad, Peaches, Milk	25 Beef Taco Meat, Tortilla, Refried Beans, Cheese, salsa, Mandarin Oranges, Milk	26 Pork Loin, Rice, Carrots & Cabbage, Bread, Cinnamon Applesauce, Milk	27 Chicken Breast, Noodles, Broccoli, Salad, Peaches, Milk	28
29	30 Roast Beef, Baked Potato, Coleslaw, Pineapple, Milk	31 Meatloaf, Marinara Sauce, Lyonnaise Potatoes, Spinach, Garlic Bread, Fruit Cocktail, Milk				Out Like a Lamb 

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

*Items on the menu are subject to change without advanced warning do to circumstances at the kitchen

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 Fiddymont Road

Roseville - Woodcreek Terrace

1295 Hemmingway

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**For Serving Times And
Café Reservations Call:
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