



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Meals on Wheels Placer County (530) 878-5718 Meals are delivered Monday through Friday, except on holidays. Delivery times may vary – menu is subject to change without notice.</p>			1	2
			<p align="center">Creamed Chicken over Rotini, Mix Veggies, Tropical Fruit, Whole Wheat Bread and Cake</p>	<p align="center">Baked Cod, Red Potatoes, Carrots, Oranges, Dinner Roll, Carrot Cake</p>
5	6	7	8	9
<p align="center">Stuffed Peppers, Green Beans, Carrots, Mixed Fruit & Dinner Roll</p>	<p align="center">Orange Chicken Over Rice, Broccoli, Stir Fry Vegetables, Pineapple Chunks, Brownie</p>	<p align="center">Pot Roast w/Gravy, Squash, Cauliflower, Tropical Fruit, Dinner Roll</p>	<p align="center">Beef Stroganoff over Noodles, Peas, Mandarin Oranges, Dinner Roll</p>	<p align="center">Meatballs w/Mushroom Gravy, Rotini, Carrots, Fruit, Whole Wheat Bread</p>
12	13	14	15	16
<p align="center">Roasted Turkey Breast, Gravy, Sweet Potato Slices, Green Beans, Glazed Apples, Dinner Roll, Oatmeal Cookie</p>	<p align="center">Roast Beef with Mashed Potatoes and Gravy, Cabbage, Apple Sauce, Whole Wheat Bread Slice</p>	<p align="center">Pork Roast, Mashed Sweet Potatoes & Gravy, Pineapple Chunks, Whole Wheat Bread</p>	<p align="center">Rotini with Italian Meat Sauce, Cauliflower with Red Pepper, Cinnamon Apples, Dinner Roll</p>	<p align="center">Chicken & Dumplings with Rice, Carrots, Broccoli, Mandarin Oranges, Whole Wheat Bread</p>
19	20	21	22	23
<p align="center">No Meal Delivery in Observance of President's Day</p>	<p align="center">Chili con Carne w/Beans, Broccoli, Carrots, Pineapple Chunks, Cornbread, Sugar Cookie</p>	<p align="center">Shredded Pork w/BBQ Sauce, Mashed Sweet Potatoes, Fried Cabbage, Peaches, Hamburger Bun</p>	<p align="center">Roasted Turkey Breast, Mashed Potatoes & Gravy, Broccoli, Cauliflower, Chocolate Pudding, Bread</p>	<p align="center">Oven Breaded Fish Patty w/Tartar Sauce, Red Potatoes, Mixed Veg, Mandarin Oranges, Whole Wheat Bread</p>
26	27	28	29	28
<p align="center">Beef Stew, Broccoli, Applesauce, Wheat Bread, Frosted Chocolate Cake</p>	<p align="center">Chicken Parmesan, Rotini, Green Beans, Chocolate Pudding, Wheat Bread</p>	<p align="center">Pork Roast w/Mashed Sweet Potatoes & Gravy, Broccoli, Pineapple Chunks, Dinner Roll</p>	<p align="center">Baked Meatloaf, Mashed Potatoes & Gravy, Stewed Tomatoes, Mandarins, Bread</p>	<p align="center">Chicken Tetrazzini, Brussel Sprouts, Peaches & Pears, Whole Wheat Dinner Roll</p>

Lunches provide 1/3 of the recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind!

ATTENTION:

*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





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

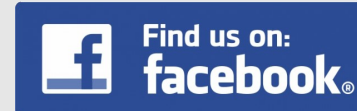
- 1) The first priority is to eat sufficient calories from a balanced diet of nutritious foods. Plan healthy, balanced meals and snacks that include plenty of foods from all the MyPlate food groups — protein, fruits, vegetables, dairy and grains.
- 2) Include optimum amounts of protein. Aim for 20 to 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>

For More Information Call:
(530) 878-5718

www.seniorsfirst.org
12183 Locksley Ln. Suite 205
Auburn, CA 95602

*Seniors First is Partially Funded by Area 4 Agency
on Aging, Community grants & tax deductible
donations*



Seniors First Cafes

Auburn Senior Center
550 High Street
Café Open 11:00a– 1:00p

Colfax- Methodist Church
59 W Church Street
Café Open— Mon-Wed-Fri
11:00a– 1:00p

Lincoln – Methodist Church
629 I Street
Open Daily 11:00a– 1:00p

Rocklin – Rolling Oaks
5725 Shannon Bay Dr.
Open Daily 10:30a – 12:30p

Roseville – Maidu Village
101 Sterling Ct.
Open Daily 10:00a– 12:45p

Roseville – Manzanita
1019 Madden Lane
Open Daily 10:00a– 1:00p

Roseville – Sutter Terrace
6725 Fiddymont Road
Open Daily 10:00a – 1:00p

Roseville - Woodcreek Terrace
1295 Hemmingway
Open Daily 10:30a – 12:30p
(530) 305-0274

For Café Reservations Call:

(530) 878-5718