



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. Please call 24 hours in advance to cancel delivery.			1 Baked Meatloaf, Mashed Potatoes & Gravy, Stewed Tomatoes, Mandarins, Bread	2 Chicken Tetrazzini, Brussel Sprouts, Peaches & Pears, Whole Wheat Dinner Roll
5 Herbed Baked Chicken Breast Mashed Potatoes w/gravy, Broccoli, Mixed Fruit, Dinner Roll	6 Sloppy Joe w/Whole Wheat Bun, Potatoes, 3-Bean Salad, Gelatin Cake	7 Sweat & Sour Pork, Brown Rice, Squash & Zucchini, Oranges, Whole Wheat Bread	8 Creamed Chicken w/Rotini, Mixed Veggies, Tropical Fruit, Wheat Bread, Frosted Cake	9 Baked Cod, Red Potatoes, Carrots, Orange Slices, Dinner Roll, Carrot Cake
12 Stuffed Peppers, Green Beans, Carrots, Mixed Fruit & Dinner Roll	13 Orange Chicken Over Rice, Broccoli, Stir Fry Vegetables, Pineapple Chunks, Brownie	14 Pot Roast w/Gravy, Squash, Cauliflower, Tropical Fruit, Dinner Roll	15 Beef Stroganoff over Noodles, Peas, Mandarin Oranges, Dinner Roll	16 Meatballs w/Mushroom Gravy, Rotini, Carrots, Fruit, Whole Wheat Bread
19 Roasted Turkey Breast, Gravy, Sweet Potato Slices, Green Beans, Glazed Apples, Dinner Roll, Oatmeal Cookie	20 Roast Beef with Mashed Potatoes and Gravy, Cabbage, Apple Sauce, Whole Wheat Bread Slice	21 Pork Roast, Mashed Sweet Potatoes & Gravy, Pineapple Chunks, Whole Wheat Bread	22 Rotini with Italian Meat Sauce, Cauliflower with Red Pepper, Cinnamon Apples, Dinner Roll	23 Chicken & Dumplings with Rice, Carrots, Broccoli, Mandarin Oranges, Whole Wheat Bread
26 Herbed Baked Chicken Breast w/gravy, Brown Rice, Peas, Tropical Fruit, Dinner Roll	27 Chili con Carne w/Beans, Broccoli, Carrots, Pineapple Chunks, Cornbread, Sugar Cookie	28 Shredded Pork w/BBQ Sauce, Mashed Sweet Potatoes, Fried Cabbage, Peaches, Hamburger Bun	29 Roasted Turkey Breast, Mashed Potatoes & Gravy, Broccoli, Cauliflower, Chocolate Pudding, Bread	30 Oven Breaded Fish Patty w/Tartar Sauce, Red Potatoes, Mixed Veg, Mandarin Oranges, Whole Wheat Bread

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

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."

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.

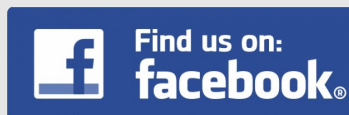
Source: <http://www.eatright.org>

For More Information Call:

(530) 878-5718

www.seniorsfirst.org
12183 Locksley Ln. Suite 205

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