



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 Beef and Cheese Lasagna, Garden Salad, Bread Stick, Rice Pudding
4	5	6	7	8
Roasted Turkey Breast, Parsley Potatoes and Gravy, Veggies, Wheat Bread, Pudding	Brown Sugar Glazed Ham, Mashed Sweet Potatoes, Broccoli, Roll, Banana Pudding	Stuffed Bell Pepper, Kettle Blend Mixed Veggies, Whole Grain Roll, Fudge Brownie	Orange Chicken over Rice, Broccoli, Stir Fried Veggies, Pineapple Chunks & Brownie	Salisbury Steak, Gravy, with Baked Potato, Sautéed Peppers, Beets, Wheat Bread
11	12	13	14	15
Beef Stroganoff over Egg Noodles, Beets, Peas, Mandarin Oranges, Dinner Roll	Baked Pork Chop, Mashed Potatoes, Gravy, Cabbage, Strawberries, Wheat Bread & Pink Cake	Sloppy Joe with Whole Wheat Bun, Tater Tots, Three-Bean Salad, Iced Banana Cake	Marinated Chicken Breast w/Italian Sauce, Whole Grain Rotini, Broccoli, Peaches, Bread Stick	BBQ Pork Rib Patty, Potatoes, Green Beans, Cinnamon Apples, Whole Wheat Bun
18	19	20	21	22
Pot Roast with Gravy, Squash and Cauliflower, Tropical Fruit, Dinner Roll	Sweet & Sour Pork, Brown Rice, Squash & Zucchini, Oranges, Wheat Bread	Baked Meatloaf with Mashed Potatoes & Gravy, Stewed Tomatoes, Mandarin Oranges, Bread	Chicken & Dumplings with Rice, Carrots, Broccoli, Peaches, Bread	Oven Breaded Fish Patty, Tartar Sauce, Red Potatoes, Mixed Veggies, Tropical Fruit, Bread
25	26	27	28	29
Pulled Chicken, Parsley Noodles, Coleslaw, Oranges, Wheat Bread, Carrot Cake	Shredded Pork w/BBQ Sauce & Bun, Mashed Sweet Potatoes, Cabbage, Peaches	Meatballs w/Mushroom Gravy, Rotini, Carrots, Fruit, Whole Wheat Bread	Herb Baked Chicken Breast, Mashed Potatoes w/Gravy, Mixed Fruit, Dinner Roll	Beef and Cheese Lasagna, Garden Salad, Bread Stick, Rice Pudding

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





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.

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. 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, which include carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

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. 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 can also get vitamin D by downing sardines, mackerel, milk and orange juice fortified with vitamin D.

Green Tea: Antioxidant Powerhouse

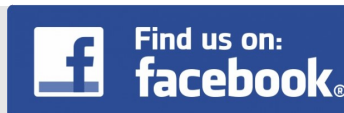
A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are that 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>

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

Open Monday-Friday

Auburn Senior Center
550 High Street

Colfax- Methodist Church
59 W Church Street
Mon-Wed-Fri

Lincoln – Methodist Church
629 I Street

Rocklin – Rolling Oaks
5725 Shannon Bay Dr.

Roseville Area

Maidu Village
101 Sterling Ct.

Manzanita
1019 Madden Lane

Sutter Terrace
6725 Fiddymont Road

Woodcreek Terrace
1295 Hemmingway

For Serving Times and Café Reservations Call:

(530) 878-5718

