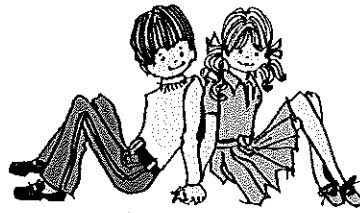


**JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • AUGUST 2017**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>A suggested minimum donation is requested from seniors 60 and older.</p> <p>Non-seniors must pay the full cost of the meal.</p> <p>1% milk served with all meals.</p>	<p><b>BROCCOLI STRATA</b> Mixed Vegetables Spinach Romaine Salad French Roll Chocolate Oatmeal Bar</p> <p align="right">1</p>	<p><b>DICED BEEF STROGANOFF W/RICE</b> Cut Green Beans Seasoned Carrots Fresh Honeydew Melon</p> <p align="right">2</p>	<p><b>MEATLOAF W/GRAVY</b> Whipped Potatoes w/Gravy Capri Blend Vegetables Wheat Oat Bread Birthday Cake</p> <p align="right">3</p>	<p><b>CHICKEN WALDORF SALAD</b> Marinated Zucchini Salad Tossed Salad Wheat Roll Sugar Cookie</p> <p align="right">4</p>
<p><b>BEEF CHILI W/BEANS</b> Chuckwagon Corn Steamed Carrots Cornmeal Roll Chocolate Pudding</p> <p align="right">7</p>	<p><b>SHAVED TURKEY SANDWICH HALF</b> on Whole Wheat Bread Pasta Salad Pineapple Tidbits Grace's Choc Cookie</p> <p align="right">8</p>	<p><b>SALISBURY PATTY W/GRAVY</b> Oven Baked Red Potatoes Green Peas Potato Wheat Bread Birthday Cake</p> <p align="right">9</p>	<p><b>SPAGHETTI W/MEATBALLS</b> Broccoli &amp; Carrots Cuke/Tomato/Onion Salad Multigrain Roll Hermit Bar</p> <p align="right">10</p>	<p><b>BREADED FISH W/TARTAR SAUCE</b> Delmonico Potatoes Country Trio Vegetables Bran Rye Bread Key Lime Square</p> <p align="right">11</p>
<p><b>CHICKEN PASTA ALFREDO</b> Mixed Vegetables Spinach Romaine Salad Oatmeal Roll Chocolate Chip Bar</p> <p align="right">14</p>	<p><b>BEEF SPANISH RICE</b> Mexicali Corn Fiesta Blend Vegetables Cornmeal Roll Fresh Cantaloupe</p> <p align="right">15</p>	<p><b>ROAST PORK W/GRAVY</b> Roasted Red Potatoes Steamed Spinach Dill Bread Apple Crisp</p> <p align="right">16</p>	<p><b>CHICKEN PATTY PARMESAN</b> Broccoli Cuts Fresh Zucchini Garlic Roll Tapioca Pudding</p> <p align="right">17</p>	<p><b>MEATLOAF W/CREOLE SAUCE</b> Creamed Potatoes Peas &amp; Onions Sunflower Seed Bread Frosted Carrot Cake</p> <p align="right">18</p>
<p><b>ROAST TURKEY W/GRAVY</b> Colcannon Potatoes Scandinavian Blend Vegt Bran Wheat Bread Mixed Fruit Cup</p> <p align="right">21</p>	<p><b>BEEF SHEPHERD'S PIE</b> Green Beans Whole Kernel Corn Herb Roll Strawberry Shortcake</p> <p align="right">22</p>	<p><b>MACARONI &amp; CHEESE</b> Escalloped Tomatoes Zucchini Herb Bread Bread Pudding</p> <p align="right">23</p>	<p><b>TERIYAKI MEATBALLS W/RICE</b> Country Trio Vegetables Romaine Iceberg Salad Almond Cookie</p> <p align="right">24</p>	<p><b>ORANGE GLAZED CHICKEN</b> Parslied Potatoes Broccoli Cuts Squash Bread Frosted Lemon Cake</p> <p align="right">25</p>
<p><b>SMOKEHOUSE CHOP</b> Lyonnaise Potatoes Oregon Bean Medley Rye Bread Banana Pudding</p> <p align="right">28</p>	<p><b>EGG SALAD SANDWICH HALF</b> on Whole Wheat Bread Pasta Vegetable Salad Pineapple Tidbits Zucchini Brownie</p> <p align="right">29</p>	<p><b>CHICKEN CHOP SUEY W/RICE</b> Broccoli Cuts Oriental Pea Salad Fresh Banana</p> <p align="right">30</p>	<p><b>BAKED BEEF RIGATONI</b> Italian Blend Vegetables Garden Vegetable Salad Garlic French Roll Pineapple Crisp</p> <p align="right">31</p>	<p align="center">   <b>FRIENDSHIP DAY, AUG. 6</b> </p>

# BALANCED CHOICES<sup>®</sup>

*for a healthy lifestyle!*

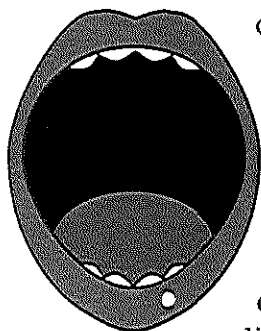
**bateman**  
Community Living

**SENIOR NUTRITION SERVICES**

**August 2017**

## When Taste & Smell Fade ...

**Y**ou are born with 10,000 taste buds, but after you turn 50, the number starts to decline. The ability to smell also declines after age 60. Loss of smell is more common than loss of taste. While the most common cause is aging, smell and taste disorders can be caused by viral infections, swollen sinuses, and allergies. Medications and smoking can also affect taste. Changing medication dosages and/or stopping smoking can restore some taste ability. Head trauma, Alzheimer's and Parkinson's disease may also cause changes in the ability to taste and smell. Another reason your taste may decline with age, is that your mouth produces less saliva. When your mouth is dry, it is harder to taste and swallow. Loss of the ability to taste and smell can lead to decreased appetite, weight loss, poor nutrition and depression.

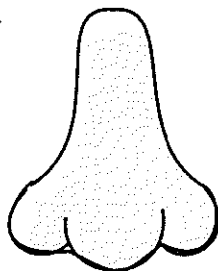


There are five basic taste sensations: sweet, salty, sour, bitter and umami (savory, meaty). The ability to taste sweet and salty are often the first to go. You may find yourself compensating by adding more sugar or salt to your food to improve its flavor. However, this can be harmful to your health if you have high blood pressure or diabetes.

If you think you are losing your ability to taste and/or smell, see your doctor to rule out any medical causes.

If the loss is due to normal aging, you can:

- (1) Make sure hot foods are hot/cold foods are cold, since proper temperatures can improve flavors
- (2) Use more herbs and spices, as well as lemon juice and vinegar to increase flavor without salt
- (3) Try new foods or present foods in colorful dishes
- (4) Make meals social events by eating with friends or family
- (5) Savor your favorite meal by picking the time of day you are hungriest and making the most of that time.



**Jackson County  
dining centers are located in:**

**Ashland  
Central Point  
Eagle Point  
Jacksonville  
Medford  
Rogue River  
Shady Cove  
Talent**

Home delivered meals are also available in Gold Hill and White City.

For More Information,  
Please call Food & Friends  
at (541) 734-9505.

**Josephine County  
dining centers are located in:**

**Grants Pass  
Merlin  
Wolf Creek  
Wilderville  
Cave Junction**

Home delivered meals are also available in Williams.

For More Information,  
Please call Food & Friends  
at (541) 955-8839