

JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 align="center"><u>CLOSED FOR HOLIDAY</u></p>  <p align="right">1</p>	<p>BEEF SPANISH RICE Green Peas Fiesta Blend Vegetables Herb Roll Brownie</p> <p align="right">2</p>	<p>MEATLOAF w/CREOLE SAUCE Lyonnais Potatoes Normandy Blend Vegt Squash Bread Chocolate Pudding</p> <p align="right">3</p>	<p>VEGETABLE LASAGNA Italian Blend Vegetables Spinach Romaine Salad w/Italian Garlic Bread Cranberry Crunch Bar</p> <p align="right">4</p>
<p>SHAKE & BAKE CHICKEN O'Brien Potatoes Green Peas & Onions Cracked Wheat Roll Vanilla Pudding</p> <p align="right">7</p>	<p>BEEF CABBAGE BAKE Whole Kernel Corn Scandinavian Blend Vegetables Dill Bread Pineapple Fluff</p> <p align="right">8</p>	<p>ORIENTAL SHOYU CHICKEN w/RICE Oriental Blend Vegetables Carrots Birthday Cake</p> <p align="right">9</p>	<p>SOUTHWEST OMELET BAKE Mixed Vegetables Broccoli Rye Wheat Roll Cherry Crisp</p> <p align="right">10</p>	<p>ROAST PORK w/GRAVY Delmonico Potatoes California Blend Vegetables Rye Bran Roll Spiced Peaches</p> <p align="right">11</p>
<p>CHICKEN MARSALA Parslied Potatoes Italian Blend Vegetables Multigrain Bread Sugar Cookie</p> <p align="right">14</p>	<p>BEEF PATTY w/ PEPPER & ONION GRVY Herbed Potatoes Italian Bean Medley Cracked Wheat Roll Spiced Applesauce</p> <p align="right">15</p>	<p>SPAGHETTI w/MEAT SAUCE Italian Blend Vegetables Steamed Spinach Garlic Bread Rice 'Custard Pudding</p> <p align="right">16</p>	<p>HOT TURKEY SANDWICH w/GRAVY Mashed Potatoes Capri Blend Vegetables Whole Wheat Bread Birthday Cake</p> <p align="right">17</p>	<p>BEEF & BLACK BEAN CHILI Broccoli Carrots Oatmeal Roll Peach Cobbler</p> <p align="right">18</p>
<p align="center"><u>CLOSED FOR HOLIDAY</u></p>  <p align="right">21</p>	<p>HAM & SCALLOPED POTATOES Brussels Sprouts Whole Kernel Corn Oat Bran Roll Spiced Peaches</p> <p align="right">22</p>	<p>MEATLOAF w/GRAVY Mashed Potatoes Carrots Onion Bread Bread Pudding w/Raisins</p> <p align="right">23</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Spinach Romaine Salad w/Ranch Seven Grain Roll Oatmeal Raisin Cookie</p> <p align="right">24</p>	<p>BBQ PORK RIBBLETT on a Bun Lettuce/Onion/Ketchup Tater Tots Capri Blend Vegetables Apple Crisp</p> <p align="right">25</p>
<p>BEEF STROGANOFF OVER PASTA Green Peas Normandy Blend Vegetables Frosted Spice Cake</p> <p align="right">28</p>	<p>SLOPPY JOE on a Bun Potato Wedges Capri Blend Vegetables Grace's Chocolate Cookie</p> <p align="right">29</p>	<p>ROAST PORK w/GRAVY Mashed Potatoes Mixed Vegetables Cracked Wheat Bread Apple Cobbler</p> <p align="right">30</p>	<p>CHICKEN A LA KING w/RICE California Blend Vegetables Steamed Spinach Spiced Peaches</p> <p align="right">31</p>	<p align="center">ALLERGEN ALERT: A variety of foods are prepared in the kitchen; thus, meals may be prepared with ingredients and equipment may come in contact with ingredients to which you may have an allergic reaction, such as nuts.</p>



for a healthy lifestyle

January 2019

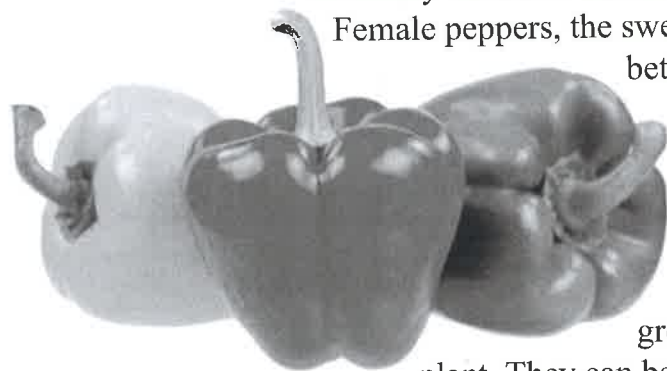
SENIOR NUTRITION SERVICES

bateman
Community Living

Bell Peppers: Eating Boy or Girl?

C*apsicum Annum*, also known as bell peppers, are a common vegetable that can be eaten raw or cooked. These peppers have seeds, which actually make this common “vegetable” a fruit.

Bell peppers can be categorized as male or female according to the pepper’s anatomy. Peppers with four lobes at the base are considered to be female. These female peppers are normally sweet and full of seeds, whereas peppers with three lobes are considered to be male, are normally not as sweet and contain less seeds.



Female peppers, the sweeter of the two, are better eaten raw or in lightly sautéed dishes, while the male peppers are better suited for baked dishes.

Bell peppers are grown from a flowering plant. They can be grown or bought in different colors: green, red, orange, or yellow. But all bell peppers start their growth from the same seed and all are initially green. The growth and ripening of the bell peppers are what change their color. Starting out green progressing to yellow, then orange, and finally red, the longer the bell pepper ripens, the sweeter the taste will be. Over the years, horticulture has developed genetically modified seeds for each of the different colored bell peppers. These seed have the ability to turn the bell pepper to the desired color faster.

Bell peppers are full of health benefits — they are low in calories and are full of vitamin A, vitamin C, and potassium. They are also a great source of fiber, folate, and iron.



**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, Phoenix 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

*Adapted from <https://ethnicfoodsrus.com/little-known-facts-about-bell-peppers/>;
<http://www.naturefresh.ca/bell-pepper-faqs-facts/>*

Photos courtesy of <http://alphastockimages.com>; and Anton Croos via Wikimedia Projects