

RVCOG FOOD & FRIENDS SENIOR NUTRITION SERVICES • JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROASTED TURKEY W/GRAVY Mashed Potatoes Green Beans w/Peppers Rye Bread Pineapple Crisp 1	SPAGHETTI W/MEAT SC Italian Blend Vegetables Spinach Romaine Salad w/Fat Free Italian Oat Bran Roll Lemon Cookie 2	<u>JULY 4TH SPECIAL</u> KIELBASA W/KRAUT on a Bun / Ketchup Whole Kernel Corn Potato Wedges Zucchini Brownie 3	<u>CLOSED FOR HOLIDAY</u>  4	BREADED FISH W/TARTAR SAUCE Red Diced Potatoes Steamed Spinach Seven Grain Bread Peaches 5
BEEF CABBAGE BAKE Green Beans Scandinavian Blend Vegt Whole Wheat Bread Joy's Applesauce Cookie 8	ASIAN CHICKEN SALAD over Spinach Romaine Potato Salad Seven Grain Roll Orange Whip 9	MEATLOAF W/GRAVY Garlic Mashed Potatoes California Blend Vegt Rye Bran Bread Bread Pudding w/Raisins 10	VEGETABLE STRATA Capri Blend Vegetables Broccoli Whole Wheat Roll Lemon Bar 11	SLICED HAM W/CHERRY SAUCE Scalloped Potatoes Italian Blend Vegetables Squash Bread Fresh Cantaloupe 12
CHICKEN POT PIE w/Biscuit Steamed Spinach Whole Kernel Corn Golden Fruit Cup 15	TERIYAKI MEATBALLS Brown Rice California Blend Vegt Brussels Sprouts Almond Poppysed Cake 16	CHICKEN PENNE PASTA Broccoli Carrots Multigrain Roll Sugar Cookie 17	MACARONI & CHEESE Escalloped Tomatoes Green Beans Cornmeal Roll Apple Crisp 18	ROAST PORK W/GRAVY Sr Cream/Chive Potatoes Green Peas Cracked Wheat Bread Fresh Watermelon 19
SCLP POT/TRKY HAM Mixed Vegetables Spinach Romaine Salad w/Fat Free Ranch Whole Wheat Roll Choc Chip Cookie 22	KETTLE LASAGNA California Blend Vegt Green Garden Salad w/Fat Free Italian Herb Roll Fresh Cantaloupe 23	TUNA SALAD SANDWICH on Whole Wheat Bread Potato Salad Apple Crnbrry Coleslaw Pineapple Upside Down Cake 24	<u>BIRTHDAY SPECIAL</u> MEATLOAF W/CREOLE SC Mashed Potatoes Capri Blend Vegetables Onion Bread Birthday Cake 25	CHICKEN RICE BAKE Green Beans Country Trio Blend Vegt Multigrain Bread Tapioca Pudding 26
HOMESTYLE TURKEY PATTY W/GRAVY Sr Cream/Chive Potatoes California Blend Vegt Cracked Wheat Bread Choc Oatmeal Bar 29	BEEF STUFF BELL PEPPER Mixed Vegetables Spinach Romaine Salad w/Ranch Multigrain Roll Peach Cobbler 30	BEEF STROGANOFF Green Beans Carrots Grace's Chocolate Bar 31	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.	A suggested minimum donation is requested from seniors 60 and older. Non-seniors must pay the full cost of the meal. 1% milk served with all meals.

July 2019

SENIOR NUTRITION SERVICES

bateman
Community Living

Have Anxiety? Eat a Pickle!

Do you struggle with anxiety? Research from Virginia's College of William and Mary and the University of Maryland suggest that eating fermented foods, such as pickles, sauerkraut, and kimchi, may ease symptoms of social anxiety. The probiotics in these foods are likely helping our bodies to make gamma-aminobutyric acid (GABA), a mood-boosting chemical.

The Gut Microbiome

Other studies have shown that the microbiome of the gut – the “good” bacteria that is constantly present in our intestines – is linked to our mental health, as well. To maintain a healthy balance of these helpful microbes, it's important to have sources of pre- and probiotics in our diet (probiotics are living microscopic organisms, and prebiotics are their “food”). Foods like yogurt, kefir, kombucha, tempeh, and other fermented foods are all excellent choices to support a healthy gut.

Other Foods for a Good Mood

Many compounds in our food impact our health, and we are just beginning to understand these complex links. For example, serotonin is a neurotransmitter produced by the body that causes improved mood. To produce serotonin effectively, many compounds in different foods play a role, such as the B vitamins (found in avocados), tryptophan (in turkey), and magnesium (from almonds).

Other components in food, like folate in asparagus, antioxidants in blueberries and kale, and omega-3 fatty acids in salmon, all support brain function, as well. A balanced and diverse diet is key to enjoying both physical and mental health.



**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