

RVCOG FOOD & FRIENDS SENIOR NUTRITION SERVICES • JUNE 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>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>	
<p>SALISBURY STEAK w/GRAVY Oven Browned Potatoes Country Cottage Vegt Multigrain Bread Peaches 3</p>	<p>ASIAN CHICKEN SALAD over Spinach Romaine Green Pea Salad Sunflower Seed Roll Snickerdoodle Cookie 4</p>	<p>MEATLOAF w/GRAVY Mashed Potatoes w/Gvy Mixed Vegetables Cracked Wheat Roll Bread Pudding w/Raisins 5</p>	<p>KIELBASA SAUSAGE w/SAUERKRAUT on a Bun / Mustard Coleslaw Carrots Lemon Cookie 6</p>	<p>BREADED BAKED FISH w/TARTAR SAUCE Red Bliss Potatoes Scandinavian Blend Vegt Rye Wheat Bread Pineapple 7</p>
<p>SPAGHETTI w/MEAT SAUCE Green Peas Carrots Vanilla Pudding 10</p>	<p>COUNTRY MEATBALLS w/GRAVY Mashed Potatoes Normandy Blend Vegt Oatmeal Bread Strbrry Rhubarb Crisp¹¹</p>	<p>CHKN CHILI w/BEANS Whole Kernel Corn Spinach Romaine Salad w/Italian Cornbread Birthday Cake 12</p>	<p>SLICED HAM w/RAISIN SAUCE Lyonnaise Potatoes Steamed Spinach Herb Bread Grace's Chocolate Bar¹³</p>	<p>SWISS STYLE BEEF STEAK Roasted Red Potatoes Capri Blend Vegetables Seven Grain Bread Seasonal Fresh Fruit¹⁴</p>
<p>WAIKIKI CHICKEN Delmonico Potatoes Green Beans w/Peppers Sunflower Seed Roll Oatmeal Raisin Cookie 17</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Normandy Blend Vegt Rye Bread Apple Crisp 18</p>	<p>CHICKEN WALDORF SALAD over Spinach Romaine Marin Zucchini Salad Whole Wheat Roll Tapioca Pudding 19</p>	<p>MEATLOAF w/CREOLE SAUCE Herbed Potatoes Italian Blend Vegetables Cornmeal Bread Birthday Cake 20</p>	<p>EGG SALAD SANDWICH on Whole Wheat Bread Potato Salad Carrot Pineapple Salad Fresh Watermelon 21</p>
<p>HOMESTYLE PORK PATTY w/GRAVY Mashed Potatoes w/Gvy Scandinavian Blend Vegt Seven Grain Bread Choc Chip Cookie 24</p>	<p>BEEF ENCHILADA BAKE Carrots Chuckwagon Corn Sunflower Seed Roll Fresh Honeydew 25</p>	<p>APPLE TRKY MEATBALLS w/CIDER GLZ & PENNE Italian Blend Vegetables Spin Rom Salad/Ranch Garlic Roll Cranberry Crunch Bar²⁶</p>	<p>BBQ CHICKEN SANDWICH on a Bun Baked Beans Mixed Vegetables Banana Pudding 27</p>	<p>ROAST PORK w/GRAVY Scalloped Potatoes Green Peas Onion Bread Spiced Apple Slices 28</p>



balanced choices[®]



for a healthy lifestyle

June 2019

SENIOR NUTRITION SERVICES



GMO – Good, Bad, What is It?

Genetically Modified Organism (GMO) foods are a current topic of debate, but there has been no conclusive evidence that they have any great impact on our health, though some research suggests the environmental effect is significant: “superbugs” and “superweeds” may be evolving to compete with GMO crops, and thus the use of toxic chemicals has increased to address these pests.

Science Behind Genetic Engineering

Genetic Engineering (GE) developed alongside advancements in scientific knowledge about DNA in the 1970s, and the first GE food was introduced to the market in the 1990s. Today, GMO foods are widely available, both in their whole forms and as sub-ingredients in products.

Many varieties of GE plants have been created to improve their resistance to pests, disease, or herbicides. This could mean that these crops have the potential to reduce farmers’ energy usage, improve water and soil quality, or even help with food scarcity issues by producing better yields.

GE animals are not yet part of the food market; however, some livestock are raised on feed containing GE ingredients.

How to Identify Non-GMO Foods

In the United States, GMO foods are not currently required to be labeled or identified. The Non-GMO Project identifies ingredients as “high-risk” if they are likely to be produced from GMOs. These “high-risk” ingredients are then tested to determine if the type used in a specific brand’s product contain any GMOs. Foods that meet the requirements of the Non-GMO Project can use a label identifier on their packaging to show that they are compliant.

NON GMO Project
VERIFIED

GMO (Genetically Modified Organism): plant, animal, or other organism whose DNA has been selectively changed.

GM (Genetically Modified): process of changing an organism’s DNA, through genetic engineering or through more traditional methods.

GE (Genetically Engineered): a laboratory process to alter genetic makeup of an organism to enhance specific traits or characteristics.

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 <http://www.centerforfoodsafety.org>; <http://livingnongmo.org>; <https://www.who.int>; <https://www.generalmills.com>; <https://www.nongmoproject.org>