


# RVCOG FOOD & FRIENDS SENIOR NUTRITION SERVICES • MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>A suggested minimum donation is requested from seniors 60 and older.</b></p> <p><b>Non-seniors must pay the full cost of the meal.</b></p> <p><b>1% milk served with all meals.</b></p>	<p><b>ALLERGEN ALERT:</b> 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><b>ROAST BEEF w/GRAVY</b> Mashed Potatoes Green Beans w/Peppers Sunflower Seed Roll Apple Crisp <span style="float: right;">1</span></p>	<p><b>SHVD TRKY SANDWICH</b> on Whole Wheat Bread Mayonnaise / Mustard Potato Salad Brocc/Cawfl/Craisin Salad Orange Whip <span style="float: right;">2</span></p>	<p><b>MEATLOAF w/GRAVY</b> Mashed Potatoes w/Gvy Glazed Carrots Rye Bran Bread Oatmeal Raisin Cookie <span style="float: right;">3</span></p>
<p><b>BEEF SPANISH RICE BAKE</b> Broccoli Chuckwagon Corn Potato Wheat Bread Pineapple <span style="float: right;">6</span></p>	<p><b>VEGETABLE LASAGNA w/ZUCCHINI</b> Country Cottage Vegt Steamed Spinach Garlic Bread Birthday Cake <span style="float: right;">7</span></p>	<p><b>HEARTY CHICKEN STEW</b> Capri Blend Vegetables Tossed Salad w/Ranch Rye Roll Cranberry Crunch Bar <span style="float: right;">8</span></p>	<p><b>SLICED ROASTED TURKEY w/GRAVY</b> Mashed Potatoes w/Gvy Oregon Bean Medley Dill Bread Banana Pudding <span style="float: right;">9</span></p>	<p><b>HOMESTYLE PORK PATTY w/GRAVY</b> Mashed Potatoes w/Gvy Normandy Blend Vegt Oat Bran Bread Peach Cobbler <span style="float: right;">10</span></p>
<p><b>LEMON HERB CHICKEN</b> Delmonico Potatoes Green Peas &amp; Onions Rye Bread Lime Whip <span style="float: right;">13</span></p>	<p><b>MEATLOAF w/CREOLE SAUCE</b> O'Brien Potatoes Carrots Cornmeal Bread Tapioca Pudding <span style="float: right;">14</span></p>	<p><b>MACARONI &amp; CHEESE</b> Escalloped Tomatoes Mixed Vegetables Cracked Wheat Bread Birthday Cake <span style="float: right;">15</span></p>	<p><b>SLOPPY JOE</b> on a Bun Italian Blend Vegetables Potato Wedges Hermit Bar <span style="float: right;">16</span></p>	<p><b>BEEF CABBAGE BAKE</b> Garden Vegetable Salad w/Ranch Green Peas &amp; Carrots Herb Bread Sugar Cookie <span style="float: right;">17</span></p>
<p><b>HUNGARIAN GOULASH</b> Capri Blend Vegetables Steamed Spinach Multigrain Bread Rice Pudding <span style="float: right;">20</span></p>	<p><b>CHICKEN DIVAN BAKE</b> Scandinavian Blend Vegt Garden Vegetable Salad w/Italian Oatmeal Roll Peanut Butter Cookie <span style="float: right;">21</span></p>	<p><b>BREADED BAKED FISH w/TARTAR SAUCE</b> Roasted Red Potatoes Oregon Bean Medley Seven Grain Bread Pineapple Cobbler <span style="float: right;">22</span></p>	<p><b>BEEF PATTY w/ PEPPERS &amp; ONIONS</b> Broccoli Harvard Beets Cornmeal Bread Spiced Apple Slices <span style="float: right;">23</span></p>	<p><b>BBQ CHICKEN</b> Baked Beans Tater Tots Ketchup Potato Wheat Bread Fresh Watermelon <span style="float: right;">24</span></p>
<p><b><u>CLOSED FOR HOLIDAY</u></b></p> <div style="text-align: center;">  </div> <p style="text-align: right;">27</p>	<p><b>SWEDISH MEATBALLS</b> Rice Pilaf County Cottage Blend Vegetables Squash Bread Chocolate Pudding <span style="float: right;">28</span></p>	<p><b>SHAKE &amp; BAKE CHICKEN</b> Lyonnais Potatoes California Blend Vegt Oat Bran Bread Frosted Carrot Cake <span style="float: right;">29</span></p>	<p><b>BRAISED BEEF TIPS</b> Parslied Potatoes Scandinavian Blend Vegt Cracked Wheat Roll Mocha Nut Cookie <span style="float: right;">30</span></p>	<p><b>VEGETABLE LASAGNA w/SPINACH</b> Capri Blend Vegetables Green Peas Rye Bread Pineapple Peach Crisp <span style="float: right;">31</span></p>



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SENIOR NUTRITION SERVICES

bateman  
Community Living

## Love Soda? Try Sparkling Water

It's well-known that soda and other sugar-sweetened beverages can be damaging to your health, but you can stay hydrated and refreshed with sparkling water instead. Sparkling water is a healthier alternative to soda and can help meet your daily fluid requirements.

### What is Sparkling Water?

Sparkling water, also known as seltzer, is simply water that is carbonated with added carbon dioxide. Unflavored seltzer has been shown to be as hydrating as plain water. You can also look for naturally flavored varieties. However, watch out for other sparkling beverages or "soda alternatives" that are either sugar or artificially sweetened.

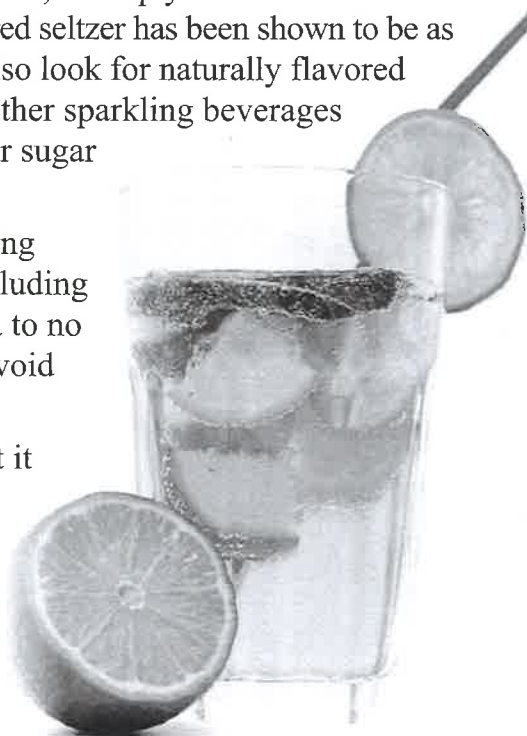
Club soda is also a type of sparkling water, but with added minerals, including sodium. You should limit club soda to no more than one serving per day to avoid consuming too much sodium.

Tonic water is another variety, but it is sweetened and also contains quinine, which can interact with some medications.

### Ways to Enjoy

You may prefer it plain, but for other healthy ways to enjoy sparkling water, try:

- ✓ Muddle fresh fruit and herbs in the glass before adding sparkling water for more natural flavor and sweetness.
- ✓ Add frozen fresh fruit (such as berries) on a hot day.
- ✓ Add a small splash of fruit juice if you're used to soda – it's still lower in sugar without cutting the taste out completely.



### 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