

**JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • NOVEMBER 2018**

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>TURN CLOCKS BACK, NOV. 4</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>BEEF LASAGNA</b> Italian Blend Vegetables Green Peas Garlic Bread Chocolate Pudding 1</p>	<p><b>BREADED FISH</b> w/TARTAR SAUCE Delmonico Potatoes Country Cottage Vegt Dill Roll Golden Fruit Cup 2</p>
<p><b>PORK RIBBLETT</b> w/BBQ SAUCE Oven Browned Potatoes Winter Blend Vegetables Herb Bread Apple Crisp 5</p>	<p><b>CHICKEN &amp; PENNE PASTA</b> Green Beans w/Peppers Harvard Beets Sunflower Seed Roll Carrot Cake 6</p>	<p><b>MEATLOAF</b> w/CREOLE SAUCE O'Brien Potatoes Scandinavian Blend Vegt Rye Bran Bread Fresh Banana 7</p>	<p><b>BEEF ENCHILADA BAKE</b> Glazed Carrots Mixed Vegetables Onion Bread Bread Pudding w/Raisins 8</p>	<p><b>MACARONI &amp; CHEESE</b> Italian Blend Vegetables Escalloped Tomatoes Whole Wheat Roll Grace's Chocolate Bar 9</p>
<p><u>CLOSED FOR HOLIDAY</u></p>  <p>12</p>	<p><b>TURKEY POT PIE</b> over Biscuit Broccoli Cuts Whole Kernel Corn Cranberry Crunch Bar 13</p>	<p><b>ORANGE GLAZED CHICKEN</b> Rice Pilaf Steamed Spinach Oregon Bean Medley Birthday Cake 14</p>	<p><b>PORK CUTLET w/ HONEY MUSTARD SAUCE</b> Roasted Red Potatoes Green Peas Whole Wheat Roll Peach Cobbler 15</p>	<p><b>BEEF PATTY</b> w/COUNTRY GRAVY Whipped Potatoes Green Beans Cracked Wheat Bread Pineapple Fluff 16</p>
<p><b>CHICKEN TETRAZZINI</b> Winter Blend Vegetables Lemon &amp; Thyme Carrots Oat Bran Bread Mixed Fruit 19</p>	<p><b>MEATLOAF</b> w/BROWN GRAVY Garlic Mashed Potatoes Mixed Vegetables Whole Wheat Roll Choc Chip Cookie 20</p>	<p><b>SLC RSTD TRKY w/GVY</b> Whip Potatoes w/Gravy Green Peas &amp; Onions Bread Dressing Cranberry Sauce Pumpkin Pie 21</p>	 <p><b>THANKSGIVING</b> CLOSED FOR HOLIDAY, NOV. 22-23</p> <p align="right">22 23</p>	
<p><b>ROAST PORK w/GRAVY</b> Scalloped Potatoes Mixed Vegetables Cracked Wheat Bread Spiced Apples 26</p>	<p><b>TUNA LOAF</b> Stewed Tomatoes Normandy Blend Vegt White Dinner Roll Chocolate Chip Bar 27</p>	<p><b>BEEF TAMALES</b> Green Peas &amp; Carrots Chuckwagon Corn Oat Bran Bread Tapioca Pudding 28</p>	<p><b>KING RANCH CHKN BK</b> Fiesta Vegetables Spinach Romaine Salad w/Italian Whole Wheat Roll Lemon Cookie 29</p>	<p><b>BRAISED BEEF TIPS</b> w/PENNE PASTA Italian Blend Vegetables Green Peas &amp; Onions Peach Crisp 30</p>

November 2018

SENIOR NUTRITION SERVICES

bateman  
Community Living

## Stickers on Produce Edible, Too

Stickers on produce, such as fruits and vegetables, are edible. These stickers and their glue have been approved by the Food and Drug Administration as safe to ingest. The process is called

pressure sensitive adhesive, which is ideal for fruits and vegetables. This process can be applied to many different types of surfaces at a wide range of temperatures and does not leave residue behind when removed.

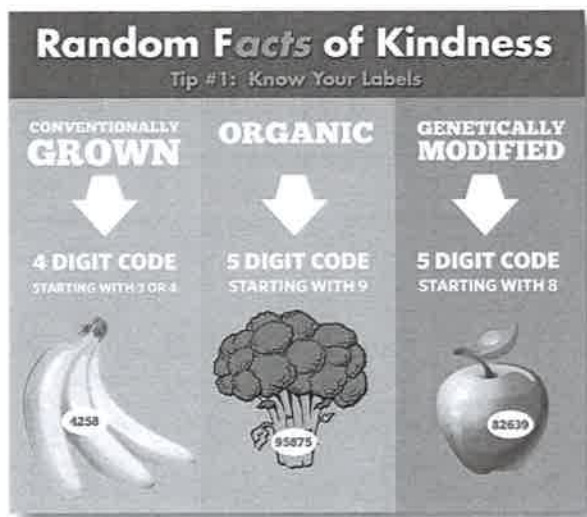
### Fun Fact:

A New York inventor is working on manufacturing a sticker that will dissolve under water and turn into a wash to help sanitize the produce.  
— Fresh & clean fruits & veggies!

Even though these stickers are small, they convey important information — they tell you more than you think. The “Price Lookup” number, also called the PLU code, identifies the fruit or vegetable, and also describes how it was grown. The label can potentially tell you if the produce was

genetically modified, organically grown or produced with chemical fertilizers, fungicides, or herbicides.

- Conventionally grown means produce was grown with the use of pesticides.
- Organic means the product was grown in accordance with the USDA organic standards, with no modification.
- Genetically modified is when the genetic configuration of the produce has been altered in some way.



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