

JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN A LA KING Broccoli Cuts Mixed Vegetables Buttermilk Biscuit Snickerdoodle Cookie 2	TUNA LOAF W/CREAM SAUCE Delmonico Potatoes Normandy Blend Vegt Cracked Wheat Bread Lemon Cookie 3	MEATLOAF W/CREOLE SAUCE Whipped Potatoes Spinach Sunflower Seed Bread Peach Crisp 4	KING RANCH TURKEY BAKE Cut Green Beans Seasoned Carrots Potato Wheat Bread Fresh Orange 5	PORK LO MEIN Country Trio Vegetables Marinated Spring Garden Salad French Roll Zucchini Brownie 6
BEEF SHEPHERD'S PIE W/GRAVY Capri Blend Vegetables Spinach Rye Bread Sugar Cookie 9	ROTISSERIE STYLE CHICKEN Lyonnaise Potatoes Mixed Vegetables Onion Bread Apple Rhbrb Cobbler 10	BBQ SMOKEHOUSE PORK RIBBETTE Roasted Red Potatoes Scandinavian Blend Vegt Bran Wheat Bread Banana Pudding 11	BEEF & BLACK BEAN CHILI Whole Kernel Corn Herb Carrots Cornmeal Roll Birthday Cake 12	ROAST TURKEY W/GRAVY Whip Potatoes w/Gravy Garden Vegetable Salad Squash Bread Joy's Applesc Cookie 13
CHICKEN POMODORO Oregon Bean Medley Broccoli Cuts Multigrain Bread Peanut Butter Bar 16	MEATLOAF W/GRAVY Sr Cream/Chive Potatoes Capri Blend Vegetables Herb Bread Tapioca Pudding 17	TURKEY DIVAN BAKE Green Peas Seasoned Carrots Dill Roll Birthday Cake 18	WALDORF CHICKEN SALAD over Tossed Salad Marinated Zucchini Salad Wheat Roll Graces's Choc Cookie 19	COUNTRY MEATBALLS OVER PASTA Country Trio Vegetables Harvard Beets Lemon Square 20
HOT ROASTED PORK SANDWICH on Whole Wheat Bread Rustic Mashed Potatoes Cut Green Beans Oatml Raisin Cookie 23	ORIENTAL SHOYU CHICKEN Rice Pilaf Broccoli Cuts Seasoned Carrots Pineapple Fluff 24	SPAGHETTI W/MEAT SAUCE Italian Blend Vegetables Spinach Romaine Salad Garlic Roll Brd Pudding/Raisins 25	BEEF MUSHROOM PATTY Potatoes O'Brien Peas & Carrots Onion Bread Frosted Carrot Cake 26	BBQ CHICKEN SANDWICH on a Bun Oven Browned Potatoes Capri Blend Vegetables Pineapple Tidbits 27
LEMON HERB CHICKEN Delmonico Potatoes Scandinavian Blend Vegt Multigrain Bread Pumpkin Bar 30	TERIYAKI MEATBALLS Steamed Rice Oriental Blend Vegetables Capri Blend Vegetables Pear Crisp 31	 TUESDAY, OCTOBER 31, 2017		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.

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SENIOR NUTRITION SERVICES

October 2017

Lactose Intolerant? Fear Not!

You may love dairy — however, dairy may not love you back. An estimated 30 million people within the United States have lactose intolerance. This is where the body cannot break down lactose that is in dairy products, such as cheese, milk, and yogurt, which can result in bloating, gas, and diarrhea. Adults must have at least three servings of dairy a day. But, fear not if you are lactose intolerant — there are dairy substitutes available for you!

Many grocery stores now offer reduced or lactose-free products, which do not spoil as quickly and cause little to no discomfort when eaten. Though because of added sugar in these products, diabetics must be careful.

Alternate options include soy, rice, almond, or coconut products. **SOY** is rich in protein, antioxidants, and potassium. **RICE** and **ALMOND** milk are commonly unsweetened and do not contain cholesterol. **COCONUT** milk helps to boost your metabolism and has a smooth texture and taste. Keep in mind, though, that nondairy products do not contain the same vitamins and minerals found in dairy and may contain more fat.

One of the biggest concerns if lactose intolerant is making sure you get enough nutrients found in dairy, such as protein and calcium. There are many calcium-rich foods you can include in your diet such as broccoli, dark green vegetables, salmon with bones, canned fish, and calcium-fortified juices and cereals. Be sure to partner these foods with enough Vitamin D, found in natural sunlight or D-fortified juices, to aid in the absorption of calcium. If you are unsure whether you are getting enough nutrients, such as calcium, protein, magnesium, potassium, zinc, vitamin A and K and most of the B vitamins, be sure to contact your doctor or registered dietitian. He or she may recommend that you take supplements to help balance your diet.



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 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