


JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WAIKIKI CHICKEN Broccoli Cuts Roasted Red Potatoes Herb Bread Pineapple 1	TUNA NOODLE CASSEROLE Whole Kernel Corn Normandy Blend Vegt Cracked Wheat Bread Lemon Cookie 2	BEEF CABBAGE BAKE California Blend Vegt Delmonico Potatoes French Bread Zucchini Brownie 3	KING RANCH CHICKEN BAKE Green Beans Carrots Potato Wheat Bread Fresh Fruit 4	MEATLOAF W/GRAVY Whipped Potatoes w/Gravy Steamed Spinach Sunflower Seed Roll Peach Crisp 5
BEEF SHEPHERD'S PIE Capri Blend Vegetables Brussels Sprouts Rye Bread Sugar Cookie 8	HERB CHICKEN THIGH Lyonnaise Potatoes Mixed Vegetables Onion Bread Birthday Cake 9	PORK RIBBLETT SANDWICH W/BBQ SC on Wheat Bun Potato Wedges Scandinavian Blend Vegt Banana Pudding 10	BEEF/BLACK BEAN CHILI Whole Kernel Corn Garden Vegetable Salad w/French Cornmeal Roll Joy's Applesc Cookie11	SLICED ROASTED TURKEY W/GRAVY Mashed Potatoes w/Gvy Herbed Carrots Squash Bread Apple Cobbler 12
MACARONI & CHEESE Stewed Tomatoes Broccoli Cuts Multigrain Bread Tapioca Pudding 15	MEATLOAF W/GRAVY Mashed Potatoes w/Gvy Capri Blend Vegetables Herb Bread Peanut Butter Bar 16	TURKEY DIVAN CASSEROLE Green Peas Carrots Dill Roll Birthday Cake 17	ASIAN CHICKEN SALAD over Romaine Iceberg Marinated Zucchini Salad Whole Wheat Roll Chocolate Chip Cookie 18	COUNTRY MEATBALLS W/PENNE PASTA California Blend Vegt Harvard Beets Lemon Bar 19
ROAST PORK W/GRAVY Mashed Potatoes w/Gvy Green Beans Whole Wheat Bread Bread Pudding w/Raisins 22	ORIENTAL SHOYU CHICKEN Rice Pilaf Broccoli Carrots Pineapple Fluff 23	SPAGHETTI W/MEAT SC Italian Blend Vegetables Spinach Romaine Salad w/Ranch Garlic Bread Oatml Raisin Cookie24	MUSHROOM STEAK PATTY O'Brien Potatoes Green Peas & Carrots Onion Bread Carrot Cake 25	SHREDDED BBQ CHICKEN SANDWICH on a Bun Tater Tots Capri Blend Vegetables Grace's Chocolate Ba26
BEEF STROGANOFF Broccoli Cuts Scandinavian Blend Vegt Multigrain Bread Applesauce 29	TERIYAKI MEATBALLS W/RICE Oriental Blend Vegetables Capri Blend Vegetables Pineapple Peach Crisp 30	HAM & SCALLOPED POTATOES Carrots Green Beans Potato Wheat Bread Pumpkin Bar 31	 WEDNESDAY, OCTOBER 31, 2018	

October 2018

SENIOR NUTRITION SERVICES

bateman
Community Living

Catch latest 'Keen-whah' Trend

Most people believe that quinoa (pronounced "keen-whah") is a grain, but it is actually a seed. Considered an ancient grain, this nutrient-dense seed originated thousands of years ago in the Andes Mountains. It was known as "the mother of all grains" and was treasured for its rich nutrition. Quinoa has more protein than any other grain or seed. It comes in many different shapes and colors, but is usually seen in the tan or yellow varieties. Quinoa is becoming more popular in North America — in 2010, the National Restaurant Association named Quinoa as the hottest trend in side dishes.

Health benefits of Quinoa

Even though quinoa has been around for centuries, researchers say "it's the new kid on the block". Quinoa is a good choice for individuals who are on a gluten-free diet. It is a plant-based food that is a complete protein, meaning it offers all of the nine essential amino acids needed for survival, and it has a high potassium content, which may help control blood pressure. It may also be useful in reducing the risk for diabetes. Another benefit of this healthy grain is helping with satiety — feeling fuller longer.

How to Cook Quinoa

Before quinoa can be cooked, the outside coating, called saponin, needs to be rinsed off. Saponin is a coating around the grain that acts as a natural pesticide, which make this grain easy to grow without chemical pesticides. Even though most store-bought quinoa has this saponin already removed, an extra rinse won't hurt. You can eat quinoa plain, as a stuffing, or a substitute for other grains such as rice, couscous, or oatmeal. Any way you may like it, make sure to try this hip new trend.



**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