

RVCOG FOOD & FRIENDS SENIOR NUTRITION SERVICES • OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>TUNA & NOODLES Whole Kernel Corn Normandy Blend Vegt Cracked Wheat Bread Lemon Cookie 1</p>	<p>BEEF CABBAGE BAKE California Blend Vegt Delmonico Potatoes French Bread Zucchini Brownie 2</p>	<p>MEATLOAF W/GRAVY Mashed Potatoes Steamed Spinach Sunflower Seed Roll Peach Crisp 3</p>	<p>CHICKEN KING RANCH BAKE Green Beans Carrots Potato Wheat Bread Fresh Fruit 4</p>
<p>SHEPHERD'S PIE California Blend Vegt Brussels Sprouts Rye Bread Sugar Cookie 7</p>	<p><u>BIRTHDAY SPECIAL</u> HERBED CHICKEN THIGH Lyonnais Potatoes Mixed Vegetables Onion Bread Birthday Cake 8</p>	<p>PORK RIBBLETT/BBQ SC on a Wheat Bun Ketchup Potato Wedges Scandinavian Blend Vegt Banana Pudding 9</p>	<p>BLACK BEAN CHILI Whole Kernel Corn Garden Vegetable Salad w/French Cornmeal Roll Joy's Applsc Cookie 10</p>	<p>ROASTED TURKEY W/GRAVY Mashed Potatoes Herbed Carrots Squash Bread Apple Cobbler 11</p>
<p>TURKEY DIVAN CASSEROLE Green Peas Carrots Dill Roll Apple Streusel Cake 14</p>	<p>MEATLOAF W/CREOLE SAUCE Mashed Potatoes Capri Blend Vegetables Herb Bread Peanut Butter Bar 15</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Broccoli Multigrain Bread Tapioca Pudding 16</p>	<p>ASIAN CHICKEN SALAD over Romaine Iceberg Marin Zucchini Salad Whole Wheat Roll Chocolate Chip Cookie 17</p>	<p>COUNTRY MEATBALLS W/RICE California Blend Vegt Harvard Beets Lemon Bar 18</p>
<p>SPAGHETTI W/MEAT SC Italian Blend Vegetables Spinach Romaine Salad w/Ranch Garlic Roll Oatml Raisin Cookie 21</p>	<p>ORIENTAL SHOYU CHICKEN Rice Pilaf Broccoli Capri Blend Vegetables Pineapple Fluff 22</p>	<p>ROAST PORK W/GRAVY Mashed Potatoes Mixed Vegetables Whole Wheat Bread Bread Pudding w/Raisins 23</p>	<p>MUSHROOM STEAK BURGER O'Brien Potatoes Green Peas & Carrots Onion Bread Carrot Cake 24</p>	<p>BBQ CHICKEN SANDWICH on a Bun Potato Wedges Green Beans Grace's Choc Chip Bar 25</p>
<p>BEEF STROGANOFF Broccoli Scandinavian Blend Vegt Multigrain Bread Applesauce 28</p>	<p>TERIYAKI MEATBALLS W/RICE Oriental Blend Vegetables Capri Blend Vegetables Pineapple Peach Crisp 29</p>	<p>KETTLE LASAGNA Italian Blend Vegetables Garden Vegetable Salad w/Italian Garlic Roll Pumpkin Bar 30</p>	<p>HAM & SCALLOPED POTATOES Carrots Green Beans Potato Wheat Bread Chocolate Pudding 31</p>	<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>



Eat Well Be Well

Making the Healthy choice the Easy choice

October 2019

SENIOR NUTRITION SERVICES

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Community Living

Grocery Shopping Done Smart

Grocery stores are full of brightly-colored products all competing for your attention, and it's easy to get overwhelmed by so many choices. Spend a few minutes before leaving the house to form a plan and enjoy the benefits of saving money and time while sticking to a healthy diet.

Plan Ahead for Success

Start by making a menu for the coming week. Look at sales flyers and coupons and choose recipes based on seasonal foods. Try to choose recipes that share ingredients to avoid buying more than you need.

Keep a running grocery list and note items to buy as you use them up. Use a note pad in your kitchen or an app on your phone to ensure the list is handy whenever you need it.

Once you've made a shopping list with ingredients for your recipes and any other items from your running list, bring it to the store and stick to it! Before you leave home, eat a small snack full of protein and fiber. This will provide energy for the trip and prevent impulse buys influenced by hunger.



At the store, avoid aisles that may tempt you. Shop the perimeter of the store for whole, unprocessed foods and skip the candy, soda and packaged snacks. An occasional small treat is okay, but was it on the list?

Maintain Healthy Habits at Home

Keep a well-stocked pantry and freezer with healthy staples, including dried fruits, frozen vegetables, whole grains, salt-free herbs and seasonings, and protein-rich foods like beans, nuts and fish. Having these foods on hand makes it easy to prepare a quick and healthy snack or last-minute meal. By having a plan before arriving at the grocery store, you can stay in control and feel good about your healthy habits.

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