

RVCOG FOOD & FRIENDS SENIOR NUTRITION SERVICES • SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>CLOSED FOR HOLIDAY</u></p> <div style="text-align: center;">  <p style="font-size: 2em; margin: 0;">LABOR DAY</p> </div> <p style="text-align: right; margin-top: 10px;">2</p>	<p style="text-align: center;"><u>LABOR DAY SPECIAL</u></p> <p style="text-align: center;">SLOPPY JOE on a Bun Potato Wedges California Blend Vegt Grace's Choc Bar</p> <p style="text-align: right;">3</p>	<p style="text-align: center;">BEEF STUFFED BELL PEPPER Carrots Whole Kernel Corn Cracked Wheat Roll Apple Cobbler</p> <p style="text-align: right;">4</p>	<p style="text-align: center;"><u>BIRTHDAY SPECIAL</u></p> <p style="text-align: center;">ROAST BEEF W/GRAVY Sr Cream/Chive Potatoes Green Peas Rye Bread Birthday Cake</p> <p style="text-align: right;">5</p>	<p style="text-align: center;">CHICKEN POMODORO Steamed Spinach Cauliflower & Carrots Seven Grain Bread Tapioca Pudding</p> <p style="text-align: right;">6</p>
<p style="text-align: center;">PASTA PRIMAVERA Oregon Bean Medley Harvard Beets Onion Roll Peanut Butter Cookie</p> <p style="text-align: right;">9</p>	<p style="text-align: center;">MEATLOAF W/GRAVY O'Brien Potatoes Broccoli Multigrain Bread Peach Crisp</p> <p style="text-align: right;">10</p>	<p style="text-align: center;">ORANGE GLAZED CHICKEN W/RICE Oriental Blend Vegt Carrots Lemon Cookie</p> <p style="text-align: right;">11</p>	<p style="text-align: center;">SPAGHETTI W/MEAT SAUCE Green Beans Zucchini w/Red Peppers Herb Roll Chocolate Pudding</p> <p style="text-align: right;">12</p>	<p style="text-align: center;">ROAST PORK W/GRAVY Mashed Potatoes Scandinavian Blend Vegt Onion Bread Applesauce</p> <p style="text-align: right;">13</p>
<p style="text-align: center;">SHOYU CHICKEN Rice Pilaf Oriental Blend Vegetables Carrots & Peas Dinner Roll Pears</p> <p style="text-align: right;">16</p>	<p style="text-align: center;">MEXICAN CHICKEN PASTA BAKE Whole Kernel Corn Brussels Sprouts Pineapple Fluff</p> <p style="text-align: right;">17</p>	<p style="text-align: center;">HAM & CHEESE STRATA Broccoli Marinated Zucchini Salad Seven Grain Roll Chocolate Chip Bar</p> <p style="text-align: right;">18</p>	<p style="text-align: center;">GERMAN MEATBALLS W/ROTINI PASTA Green Peas Carrot Pineapple Salad Sugar Cookie</p> <p style="text-align: right;">19</p>	<p style="text-align: center;">BREADED FISH W/TARTAR SAUCE Delmonico Potatoes California Blend Vegt Dill Wheat Bread Peach Crisp</p> <p style="text-align: right;">20</p>
<p style="text-align: center;">TURKEY TETRAZZINI Country Cottage Blend Vegetables Cauliflower & Carrots Squash Bread Spiced Peaches</p> <p style="text-align: right;">23</p>	<p style="text-align: center;">MACARONI & CHEESE Escalloped Tomatoes Normandy Blend Vegt Cracked Wheat Bread Apple Streusel Cake</p> <p style="text-align: right;">24</p>	<p style="text-align: center;">MEATLOAF W/ MUSHROOM GRAVY Garlic Mashed Potatoes Green Beans Whole Wheat Roll Tapioca Pudding</p> <p style="text-align: right;">25</p>	<p style="text-align: center;">ROASTED TURKEY W/GRAVY Mashed Potatoes Capri Blend Vegetables Herb French Bread Orange Whip</p> <p style="text-align: right;">26</p>	<p style="text-align: center;">BBQ CHICKEN SANDWICH on a Bun Potato Wedges Confetti Coleslaw Lemon Pudding</p> <p style="text-align: right;">27</p>
<p style="text-align: center;">WAIKIKI CHICKEN Red Diced Potatoes Broccoli Hawaiian Roll Cookies & Cream Fluff</p> <p style="text-align: right;">30</p>	<p style="text-align: center;">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>	<div style="display: flex; align-items: center; justify-content: center;">  </div> <p style="font-size: 1.5em; font-weight: bold; margin: 0;">First Day of Autumn</p> <p style="margin: 0;">SEPTEMBER 23</p>		<p style="text-align: center;">A suggested minimum donation is requested from seniors 60 and older.</p> <p style="text-align: center;">Non-seniors must pay the full cost of the meal.</p> <p style="text-align: center;">1% milk served with all meals.</p>



Food Allergy may be Sensitivity

If certain foods don't agree with you, you may wonder if you have a food allergy. While it's always best to talk with your doctor, here are some basics about food allergies versus food intolerances.

Food Allergies are Immune Responses

Usually, our immune systems react to invading organisms to protect us from getting sick. However, people with allergies have immune systems that are triggered by otherwise harmless substances, such food.

About 90 percent of food allergies are triggered by the "Big-8:" milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soy. When the immune system overreacts to the allergens, you may experience symptoms in the gastrointestinal tract, skin, or respiratory tract. For some people, a life-threatening reaction called anaphylaxis can occur.



Food Intolerances are Dose-Specific

Unlike allergies, food intolerances do not involve the immune system. Instead, they are usually caused by difficulty digesting food, and symptoms such as nausea, cramps, bloating, diarrhea or heartburn result. Symptoms usually depend on the amount of food eaten, whereas food allergies can be triggered by just a microscopic amount. You can try eliminating the food in question to see if your symptoms improve.

Lactose intolerance is a common example of a food intolerance. It can be addressed by consuming milk in smaller amounts or using a digestive aid supplement to prevent symptoms.

Treatment

Your doctor or allergist can test for and diagnose true food allergies. There is no cure for food allergies, so you need to avoid eating the foods you are allergic to. It's important to be diligent about reading labels and restaurant menus. You should also be aware of hidden ingredients that could cause a reaction (e.g. wheat in soy sauce).

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