

RVCOG Food & Friends | August 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
<p>A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.</p>		<p>ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.</p>									
5	Herbed Chicken Patty w/Tomato & Mushroom Sauce Roasted Red Potatoes Peas & Carrots Rye Bran Bread Hermit Bar	6	Birthday Special Meatloaf w/Mushroom Gravy Whipped Potatoes Carrots Onion Bread Chocolate Cake	7	Breaded Fish Sandwich w/Tartar Sauce Lyonnaise Potatoes Italian Vegetables Oat Bran Wheat Roll Golden Fruit Cup	8	Chicken & Sausage Jambalaya Spinach Green Beans w/Red Peppers Wheat Bread Lime Delight	9	Roast Pork w/Pork Gravy Delmonico Potatoes California Vegetables Sprouted Wheatberry Bread Tapioca Pudding		
12	Beef Mushroom Patty Garlic Whipped Potatoes Spinach Squash Bread Grace's Chocolate Bar	13	Chicken Ancho Fajita Spanish Rice Mixed Vegetable Blend Romaine Iceberg Salad Joy's Applesauce Cookie	14	Salisbury Steak w/Brown Gravy Whipped Potatoes Italian Vegetable Blend Cracked Wheat Bread Cranberry Crunch Bar	15	Tuna Salad Sandwich Shredded Lettuce Kidney Bean Salad Marinated Zucchini Salad Fresh Orange Wheat Bread (2 sl)	16	BBQ Smokehouse Chop & Onions Tater Gems Ranch Beans Hamburger Bun Oreo Fluff		
19	Chicken Lo Mein Kyoto Vegetable Blend Peas & Carrots Cracked Wheat Bread Banana Chocolate Bar	20	Turkey Pasta Salad over Spinach Romaine Carrot Mandarin Slaw Oat Bran Wheat Roll Seasonal Fruit	21	Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes Italian Vegetable Blend Cracked Wheat Bread Carrot Cake	22	BBQ Diced Chicken Sandwich Ranch Beans Carrots Hamburger Bun S'more Pudding	23	Stuffed Pepper w/Beef Mixed Vegetables Romaine Iceberg Salad Seven Grain Roll Almond Cookie		
26	Macaroni & Cheese Stewed Tomatoes Peas & Carrots Onion Bread Lemon Blondie	27	Taco Tuesday Special Beef Taco Lettuce, Tomato, & Cheese Pinto Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie	28	Spaghetti & Meat Sauce Green Beans w/Onions Mixed Vegetables Garlic Roll Poke Cake Milk	29	Pasta Primavera Whole Kernel Corn Pineapple Slaw Rye Bran Roll Peanut Butter Cookie Milk	30	Roast Pork w/Chimichurri Sauce Spanish Rice Chuckwagon Corn Cilantro Coleslaw Chocolate Chip Cookie		

EAT, LIFT, RECOVER:

MUSCLE BUILDING BLOCKS

Eat: Balanced Nutrition

Step 1: Consume adequate calories to support normal body functions. Without it, additional fuel is not available for muscle repair and growth.

Step 2: Get your macronutrients through a balanced nutrition plan.

- **Protein:** 10-35% of total calories (50 – 175 grams for a 2000 calorie diet). Protein preserves, repairs, and builds muscle. More protein does not mean more muscle growth since excess protein is burned for energy or stored as fat. About 20-40 grams of protein is needed to stimulate muscle growth. Spread protein intake throughout the day to maintain a positive muscle protein balance. Choose lean meats, seafood, low-fat dairy, eggs, or plant-based proteins such as legumes, tofu, nuts, and seeds.
- **Carbohydrates:** 45-65% of total calories (225 – 325 grams for a 2000 calorie diet). Carbs are the body's preferred energy source and will spare using protein for muscle growth. Choose high fiber carbohydrates most often, such as whole grains, fruits, and vegetables; however, avoid high fiber foods before a workout.
- **Fat:** 20-35% of total calories (44 – 78 grams for a 2000 calorie diet). Fat is essential for healing, recovery, and decreasing inflammation. Your body will burn fat when it runs out of readily available energy. Focus on heart-healthy, unsaturated fats such as vegetable oils, avocado, nuts, and fatty fish.

Step 3: Stay hydrated for optimal muscle function and recovery. Men need 124 fluid ounces (15.5 cups) per day and women require 92 fluid ounces (11.5 cups) per day.

Lift: Resistance Training

Resistance training (strength training) is necessary to build muscle. Men and women should do resistance training exercises for all major muscle groups at least two times per week. Examples include weightlifting, (machines or free weights), using resistance bands, or body weight-bearing exercises such as planks, pushups, squats, or lunges.

Nutritional needs vary from person to person.
Consult a registered dietitian/nutritionist for an
individualized nutrition plan.

Recover: Rest and Nutrition

Support muscle growth and preserve muscle mass with rest and nutrition, allowing at least 48 hours between resistance training sessions. In most cases, your next meal will nutritionally suffice. If your next meal is greater than four hours away, you may benefit from a snack that contains about 20 – 40 grams of protein and carbohydrates that amount to half your body weight in grams (i.e., 75 grams for a 150-pound person).

Jackson County

Dining Centers are located in:

Ashland
Central Point
Eagle Point
Jacksonville
Medford
Rogue River

Home delivered meals are also available in Gold Hill, Phoenix, Shady Cove, Talent, and White City.

For more information,
please call Food & Friends at
(541) 734-9505.

Josephine County

Dining Centers are located in:

Cave Junction
Grants Pass
Merlin
Wolf Creek

Home delivered meals are also available in Wilderville and Williams.

For more information,
please call Food & Friends at
(541) 955-8839

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