



RVCOG Food & Friends | January 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<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: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.</p>		<p>Closed for the Holiday</p>
4	5	6	7	8
<p>Roasted Turkey w/Gravy Delmonico Potatoes California Blend Vegetables Rye Bran Roll Banana Pudding</p>	<p>Teriyaki Meatballs w/Sc Steamed Rice Asian Blend Vegetables Spinach Romaine Salad Grace's Chocolate Bar</p>	<p>Chicken Pot Pie Mashed Potatoes Green Beans w/Red Peppers Whole Wheat Roll Mixed Berry Crisp</p>	<p>Roast Pork w/Gravy Creamed Potatoes Mixed Vegetables Multigrain Roll Spiced Peaches</p>	<p>Baked Beef Rigatoni Italian Blend Vegetables Steamed Spinach Seven Grain Bread Carrot Cake</p>
11	12	13	14	15
<p>Mexican Chicken Pasta Bake Chuckwagon Corn Three Bean Salad Multigrain Roll Spiced Applesauce</p>	<p>Homestyle Turkey Patty w/Gravy Herbed Potatoes Italian Bean Medley Rye Bran Roll Sugar Cookie</p>	<p>Spaghetti w/Meat Sauce Italian Blend Vegetables Steamed Spinach Garlic Bread Birthday Cake</p>	<p>Meatloaf w/Creole Sauce Garlic Mashed Potatoes Capri Blend Vegetables Whole Wheat Bread Tapioca Pudding</p>	<p>Breaded Fish w/Tartar Sc Red Diced Potatoes Broccoli Cuts Oat Bran Roll Peach Cobbler</p>
18	19	20	21	22
<p>Closed for the Holiday</p>	<p>Hearty Chicken Stew Brussels Sprouts Whole Kernel Corn Whole Wheat Roll Spiced Apple Slices</p>	<p>Meatloaf w/Gravy Mashed Potatoes Carrots Cracked Wheat Bread Bread Pudding w/Raisins</p>	<p>Macaroni & Cheese Escalloped Tomatoes California Blend Vegetables Herb French Bread Lemon Cookie</p>	<p>Pork Ribblett w/BBQ SC Tator Tots Capri Blend Vegetables Hamburger Bun Fresh Orange</p>
25	26	27	28	29
<p>Beef and Black Bean Chili Green Peas Carrots Multigrain Roll Spice Cake</p>	<p>Beef Sloppy Joe Potato Wedges Broccoli Cuts Hamburger Bun Lemon Pudding</p>	<p>Roast Pork w/Gravy O'Brien Potatoes Mixed Vegetables Cracked Wheat Bread Spiced Peaches</p>	<p>Chicken ala King Rice Italian Blend Vegetables Steamed Spinach Grace's Chocolate Bar</p>	<p>Turkey Tetrazzini Green Beans w/ Red Peppers Tossed Salad Garlic Roll Peanut Butter Bar</p>



FRUITS & VEGGIES

MORE MATTERS MONTH

1 in 10

adults meet the federal recommendations for fruit and vegetable consumption

12.2%

of adults meet the recommendation of 1½–2 cups of fruits daily

9.3%

of adults meet the recommendation of 2–3 cups of vegetables daily



FRUITS AND VEGETABLES FOR BETTER HEALTH

Fruits and veggies provide essential nutrients that contribute to a healthy mind and body.

Make the focal point of your meals

Aim to eat a rainbow of colors

Try fresh, frozen, canned or 100% juice

Fill half your plate

Eat a variety

Buy in season

Grow your own

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