

# RVCOG Food & Friends | September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALLERGEN DISCLAIMER:</b> 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>		1	2	3 <b>Around the World Inspired</b>
		<b>Meatloaf w/Gravy</b> Mashed Potatoes Broccoli Cuts Multigrain Roll Peach Crisp	<b>Spaghetti &amp; Meatballs</b> Green Beans w/Red Peppers Green Peas Herb Roll Lime Whip	<b>Jamaican Jerk Chicken</b> Rice & Beans Mixed Vegetables Spinach Pineapple Pudding
6	7	8	9	10
<b>Closed for the Labor Day Holiday</b>	<b>Beef Sloppy Joe</b> Tator Tots California Blend Vegetables Hamburger Bun Grace's Chocolate Bar	<b>Roast Pork w/Gravy</b> Mashed Potatoes Mixed Vegetables Whole Wheat Bread Applesauce	<b>Chicken Pot Pie</b> over Biscuit Steamed Spinach Cauliflower & Carrots Tapioca Pudding	<b>Roast Beef w/Gravy</b> Sour Cream & Chive Potatoes Green Peas French Bread Birthday Cake
13	14	15	16	17
<b>Shoyu Chicken</b> Rice Pilaf Asian Blend Vegetables Carrots & Peas White Dinner Roll Pears	<b>Mexican Chicken Pasta Bake</b> Chuckwagon Corn Mixed Vegetables Cornbread Pineapple Fluff	<b>German Meatballs</b> w/ Sauce Rotini Pasta Green Peas Cole Slaw Sugar Cookie	<b>Ham &amp; Cheese Strata</b> Steamed Spinach Marinated Vegetable Salad Seven Grain Roll Chocolate Chip Bar	<b>Breaded Fish</b> Tartar Sauce Broccoli Whole Wheat Bread Pineapple Crisp
20	21	22	23	24
<b>Turkey Tetrazzini</b> Mixed Vegetables Steamed Spinach Whole Wheat Bread Spiced Peaches	<b>Meatloaf</b> Mushroom Gravy Garlic Mashed Potatoes Green Beans w/ Red Peppers Whole Wheat Roll Fresh Fruit	<b>Macaroni &amp; Cheese</b> Escalloped Tomatoes Normandy Blend Vegetables Multigrain Roll Apple Streusel Cake	<b>BBQ Chicken</b> Baked Beans Confetti Cole Slaw Hamburger Bun Snickerdoodle Bar	<b>Roasted Turkey</b> Poultry Gravy Mashed Potatoes Capri Blend Vegetables Rye Bran Roll Orange Whip
27	28	29	30	
<b>Beef Enchilada Bake</b> California Blend Vegetables Chuckwagon Corn French Bread Zucchini Brownie	<b>Tuna &amp; Noodles</b> Carrots Normandy Blend Vegetables Cracked Wheat Bread Lemon Cookie	<b>Garlic Chicken</b> Red Diced Potatoes Broccoli French Roll Pineapple Fluff	<b>King Ranch Chicken</b> Green Beans Pineapple Coleslaw Potato Wheat Roll Fresh Pear	<p>A suggested minimum donation is requested from seniors 60 &amp; older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.</p>





## FRUITS 6 VEGGIES

### MORE MATTERS MONTH

September is Fruit and Vegetable month! Fruits and vegetables provide essential nutrients that support health and prevent disease. According to the Centers for Disease Control (CDC), on average, only 12.2% of adults meet the daily fruit intake recommendation of 1 ½ to 2 cups per day, and only 9.3% of adults meet the daily vegetable intake recommendation of 2 to 3 cups per day!

### Risks related to underconsumption of fruits and vegetables:

- heart disease
- stroke
- diabetes
- high blood pressure
- digestive disorders
- vision problems
- lack of protection against certain cancers
- obesity
- and more!

### BUSY LIFESTYLE

- Wash, chop, and store vegetables right after grocery shopping for later use
- Choose fruits such as apples, bananas, and oranges that can be taken with you on the go
- Keep cut up vegetables on hand such as carrots, celery, and peppers for quick snacks
- Use pre-cut frozen vegetables that just need heating

### ON A BUDGET

- Prepare meals at home to save money
- Incorporate frozen, canned, and dried forms of fruits and vegetables as they are just as nutritious as fresh versions
- Make soups or casseroles that can be consumed multiple times throughout the week or frozen for later use
- Buy fruits and vegetables when they are in season

## 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