

RVCOG Food & Friends | October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>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>		1
4	5	6	7	8
<p>Shepherd's Pie Green Beans w/Red Peppers Brussels Sprouts Whole Wheat Bread Mandarin Oranges</p>	<p>Herbed Chicken Patty w/Poultry Gravy Lyonnais Potatoes Mixed Vegetables Seven Grain Bread Peach Cobbler</p>	<p>Pork Riblett BBQ Sauce Baked Beans California Blend Vegetables Wheat Hamburger Bun Caramel Apple Pudding</p>	<p>Beef & Black Bean Chili Broccoli Cuts Garden Vegetable Salad Multigrain Roll Snickerdoodle Bar</p>	<p>Turkey Divan Casserole Green Peas Carrot Raisin Salad Whole Wheat Roll Hot Pears</p>
11	12	13	14	15
<p>Roasted Turkey w/Poultry Gravy Mashed Potatoes Herbed Carrots Whole Wheat Bread Spiced Apple Slices</p>	<p>Meatloaf w/Mushroom Gravy Mashed Potatoes Capri Blend Vegetables Rye Bran Roll Chocolate Cake w/Frost</p>	<p>Macaroni & Cheese Escalloped Tomatoes Broccoli Cuts Whole Wheat Bread Tapioca Pudding</p>	<p>Turkey Pasta Salad over Spinach Romaine Marinated Zucchini Salad Whole Wheat Roll Lemon Cookie</p>	<p>Country Meatballs Brown Rice California Blend Vegetables Steamed Spinach Fresh Banana</p>
18	19	20	21	22
<p>Spaghetti w/Meat Sauce Italian Blend Vegetables Normandy Blend Garlic Roll Mixed Fruit (Mandarin/Pineapple)</p>	<p>Shoyu Chicken Confetti Rice Broccoli Cuts Capri Blend Vegetables Pineapple Fluff</p>	<p>White Bean Chicken Chili Carrots Green Beans Seven Grain Bread Chocolate Pudding</p>	<p>Mushroom Steak Burger O'Brien Potatoes Green Peas & Carrots Seven Grain Bread Rocky Road Pudding</p>	<p>BBQ Chicken Baked Beans Whole Kernel Corn WW Hamburger Bun Grace's Chocolate Bar</p>
25	26	27	28	29
<p>Meatloaf w/Brown Gravy Mashed Potatoes Spinach Sunflower Seed Bread Mixed Fruit</p>	<p>Chicken Pomodoro California Blend Vegetables Broccoli Oat Bran Bread Pineapple Peach Crisp</p>	<p>King Ranch Chicken Chuckwagon Corn Mixed Vegetables Whole Wheat Bread Fresh Orange</p>	<p>Roast Pork w/Pork Gravy Delmonico Potatoes Mixed Vegetables Whole Wheat Bread Carrot Cake</p>	<p>Beef Kettle Lasagna Italian Blend Vegetables Garden Vegetable Salad Garlic Roll Pumpkin Cookie</p>

BREAST CANCER AWARENESS MONTH

Know. Screen. Practice.

KNOW RISKS AND SIGNS & SYMPTOMS

SCREEN FOR EARLY DETECTION

PRACTICE HEALTHY HABITS



1 IN 8 WOMEN ARE DIAGNOSED

NO. 2

leading cause
of cancer death
among women

OVER
3.5 MILLION survivors
in the U.S.



SHOW YOUR SUPPORT.
WEAR PINK.

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

 **TRIO** Community Meals
an elior company