



RVCOG Food & Friends | December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 & older.</p> <p>Non-seniors must pay full cost of the meal.</p> <p>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>1</p> <p>Roast Beef w/Gravy Red Diced Potatoes Scandinavian Blend Vegetables Whole Wheat Bread Zucchini Brownie</p>	<p>2</p> <p>Shake and Bake Chicken O'Brien Potatoes Green Peas & Onions Cracked Wheat Roll Spiced Peaches</p>	<p>3</p> <p>Beef Patty w/Pepper & Onion Gravy Parsley Potatoes Mixed Vegetables Cracked Wheat Bread Rocky Road Pudding</p>
<p>6</p> <p>Turkey Divan Mixed Vegetables Lemon & Thyme Carrots Multigrain Roll Fresh Orange</p>	<p>7</p> <p>Scalloped Potatoes w/Turkey Ham Capri Blend Vegetables Zucchini w/ Red Peppers Whole Wheat Roll Mixed Berry Crisp</p>	<p>8</p> <p>Macaroni & Cheese Escalloped Tomatoes Broccoli Cuts Oat Bran Roll Grace's Chocolate Bar</p>	<p>9</p> <p>Spaghetti w/Meat Sauce Cauliflower & Carrots Whole Kernel Corn Garlic Bread Birthday Cake</p>	<p>10</p> <p>Teriyaki Meatballs w/Sauce Brown Rice Steamed Spinach Asian Blend Vegetables Pineapple Pudding</p>
<p>13</p> <p>Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Multigrain Roll Brownie</p>	<p>14</p> <p>BBQ Chicken Baked Beans Whole Kernel Corn Hamburger Bun Tapioca Pudding</p>	<p>15</p> <p>Chicken Breast Supreme Creamed Potatoes Broccoli Cuts Whole Wheat Bread Fresh Pear</p>	<p>16</p> <p>German Meatballs w/Gravy Rotini Pasta Steamed Spinach Peas & Carrots Golden Fruit Cup</p>	<p>17</p> <p>Sliced Ham w/Raisin Sauce Whipped Sweet Potatoes Capri Blend Vegetables Whole Wheat Roll Snickerdoodle Bar</p>
<p>20</p> <p>Sweet & Sour Chicken Steamed Rice Green Beans Carrot Pineapple Salad Sugar Cookie</p>	<p>21</p> <p>Beef Macaroni w/Tomato Mixed Vegetables Steamed Spinach Multigrain Bread Spiced Apples</p>	<p>22 Christmas Special</p> <p>Roasted Turkey w/Gravy Mashed Potatoes Green Peas & Onions Bread Dressing Cherry Cobbler Cranberry Sauce</p>	<p>23</p> <p>Meatloaf w/Gravy Sour Cream & Chive Potatoes Green Beans Sunflower Seed Roll Lemon Blondie</p>	<p>24</p> <p>Closed for the Christmas Holiday</p>
<p>27</p> <p>Beef Cabbage Bake Whole Kernel Corn Scandinavian Blend Vegetables Dill Bread Pineapple Fluff</p>	<p>28</p> <p>Shoyu Chicken Steamed Rice Asian Blend Vegetables Carrots Vanilla Pudding</p>	<p>29</p> <p>Chicken Pastina Spinach Beet & Mandarin Orange Salad Multigrain Roll Fresh Banana</p>	<p>30</p> <p>Southwest Omelet Bake Mixed Vegetables Broccoli Rye Wheat Roll Apple Crisp</p>	<p>31</p> <p>Closed for the New Year's Holiday</p>

Holiday HEALTH & SAFETY

STRATEGIES

- #1 Wash hands often to help prevent the spread of germs.** Wash your hands with soap and clean running water for at least 20 seconds.
- #2 Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots
- #3 Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.
- #4 Be smoke-free.** Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- #5 Fasten seat belts while driving or riding in a motor vehicle.** Buckle up every time and encourage passengers to do the same.
- #6 Get exams, screening and vaccinations.** Ask your health care provider what exams and vaccinations you need and when to get them.
- #7 Practice fire safety.** Don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Replace light sets with broken or cracked sockets, frayed or bare wires or loose connections. Keep plugs off the ground away from puddles and snow.
- #8 Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- #9 Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 30 minutes per day.
- #10 Get your sleep.** Adequate sleep promotes health and vitality and provides energy and brain power to our day. Adults need 7-9 hours per night.
- #11 Stay hydrated.** Adequate water is needed to support your immune system. Most adults need 8 or more cups per day.
- #12 Manage holiday stress.** Keep your commitments and spending in check. Get support from family and friends. Keep a relaxed and positive outlook.

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