



RVCOG Food & Friends | January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sliced Roasted Turkey w/Poultry Gravy Delmonico Potatoes California Blend Vegetables Rye Bran Roll Banana Pudding	4 Spaghetti w/Meat Sauce Italian Blend Vegetables Spinach Romaine Salad Garlic Roll Grace's Chocolate Bar	5 Chicken Pot Pie Capri Blend Vegetables Green Beans w/Red Peppers Biscuit Mixed Fruit Crisp	6 Roast Pork w/Gravy Creamed Potatoes Mixed Vegetables Multigrain Roll Spiced Peaches	7 Around the World Chicken Stir Fry Steamed Rice Broccoli Asian Coleslaw Pineapple Nut Cookie
10 Mexican Chicken Pasta Bake Chuckwagon Corn Carrots Multigrain Roll Spiced Applesauce	11 HS Turkey Patty w/Gravy Mashed Potatoes Mixed Vegetables Rye Bran Roll Sugar Cookie	12 Teriyaki Meatballs w/Sauce Steamed Rice Asian Blend Vegetables Steamed Spinach Birthday Cake	13 Meatloaf w/Gravy Herbed Potatoes Capri Blend Vegetables Whole Wheat Bread Tapioca Pudding	14 Tuna Noodle Casserole Stewed Tomatoes Broccoli Cuts Oat Bran Roll Peach Cobbler
17 Closed for the Martin Luther King Jr Holiday	18 Hearty Chicken Stew Brussels Sprouts Whole Kernel Corn Whole Wheat Roll Spiced Apple Slices	19 Beef and Black Bean Chili Green Peas Carrots Cornbread Bread Pudding w/Raisins	20 Macaroni & Cheese Escalloped Tomatoes California Blend Vegetables Herb French Bread Lemon Cookie	21 BBQ Pork Riblett Tator Tots Capri Blend Vegetables Hamburger Bun Fresh Orange
24 Meatloaf w/Gravy Mashed Potatoes Carrots Cracked Wheat Bread Golden Fruit Cup	25 Beef Sloppy Joe Potato Wedges Broccoli Cuts Hamburger Bun Lemon Pudding	26 Roast Pork w/Gravy O'Brien Potatoes Mixed Vegetables Cracked Wheat Bread Spiced Peaches	27 Chicken ala King Rice Italian Blend Vegetables Steamed Spinach Grace's Chocolate Bar	28 Turkey Tetrazzini Green Beans w/ Red Peppers Tossed Salad Garlic Roll Peanut Butter Bar
31 Country Fried Steak w/Gravy Lyonnaise Potatoes Italian Blend Vegetables Seven Grain Bread Apple Crisp	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. Menus Subject to Change		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.	

Choose MyPlate

MyPlate, the newest incarnation of the USDA's food icons was introduced as a replacement for MyPyramid in June, 2011.

It has five main food groups

1. Fruits
2. Vegetables
3. Grains
4. Protein
5. Dairy

MyPlate provides a visual tool to teach you how to load your plate so you feel full on fewer calories and get plenty of fiber and nutrients.

There's also a companion website for MyPlate at <http://www.choosemyplate.gov>

Meet the Fruit Group

Any fruit can be part of the fruit group, though whole, fresh fruit is best. Try:

- Fresh fruit – fill up on seasonal and bulk specials to save money
- Canned fruit – packed in water or juice, not syrup
- Dried fruit – use sparingly, as these are higher in calories
- Frozen fruit - avoid added sugar
- 100% fruit juice – get pure juice but remember whole fruit is better.

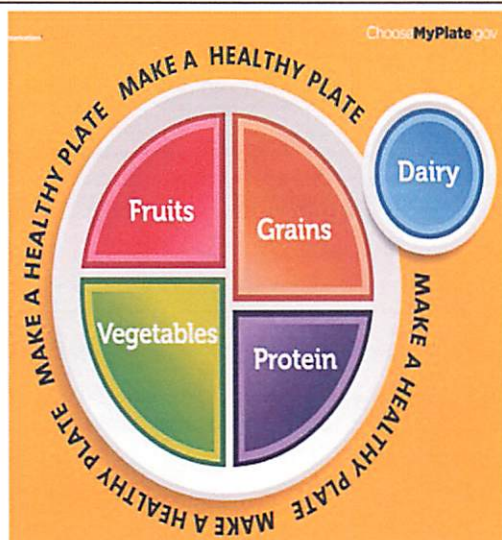
People should eat about 1.5 to 2 cups of fruit per day.

Meet the Vegetable Group

There are five subgroups in the vegetable group. They are:

- Dark green vegetables
- Red and orange vegetables
- Beans and peas
- Starchy vegetables
- Other vegetables

Most people should eat between 2.5 and 3 cups of veggies every day. Fill half your plate with fruits and vegetables. Most people need 4 to 5 cups of fruits and veggies each day!



Meet the Grain Group

There are two kinds of grains: whole and processed. Make at least half the grains you eat every day whole grains – they're much better for you.

Most people should eat between three and four ounces of grain per day.

Meet the Protein Group

Eat mostly lean protein and make sure it fills only a quarter of your plate.

Foods that belong in the protein group include: Meat, Poultry, Seafood, Beans and peas, Eggs, Processed soy, Nuts, Seeds.

Most people should eat between five and six ounces of protein per day. Get your protein from a variety of sources. Plant based protein is best for your heart.

Meet the Dairy Group

Search for products that are low in fat, sugar, and sodium including: Skim or 1% Milk, Non-fat yogurt. Cream, butter, and cream cheese are not significant sources of calcium.

Most people should consume three cups of low-fat or fat-free dairy per day.

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