

RVCOG Food and Friends | December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because 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>	<p>1 Thai Chicken Stir Fry w/Peanut Sauce Mixed Vegetable Blend Green Beans Almond Cookie</p>
<p>4 BBQ Smokehouse Chop w/Onions Baked Beans Pickled Beets Hamburger Bun Hot Cinnamon Applesauce</p>	<p>5 Turkey A La King Rice Carrots Spinach Lemon Bar</p>	<p>6 Meatloaf w/Brown Gravy Whipped Potatoes Green Beans Dinner Roll Grace's Chocolate Bar</p>	<p>7 Spaghetti & Meat Sauce Whole Kernel Corn Garden Vegetable Salad w/Caesar Dressing Garlic Roll Fresh Banana</p>	<p>8 Birthday Special Mexican Chicken Pasta Bake Chuckwagon Corn Broccoli Oat Bran Wheat Roll Chocolate Cake</p>
<p>11 Beef w/Gravy & Peppers Oven Roasted Potatoes Green Beans Whole Wheat Bread Orange Delight</p>	<p>12 BBQ Diced Chicken Sandwich Baked Beans Whole Kernel Corn Hamburger Bun HS Vanilla Pudding</p>	<p>13 Salisbury Steak w/Brown Gravy Whipped Potatoes Mixed Vegetable Blend Multigrain Roll Joy's Applesauce Cookie</p>	<p>14 German Meatballs w/German Meatball Sauce Pasta Spinach Peas & Carrots Lime Whip</p>	<p>15 Chicken & Sausage Jambalaya Broccoli Spinach Romaine Salad Cornbread Fresh Orange</p>
<p>18 Sweet & Sour Chicken Rice Kyoto Vegetable Blend Asian Coleslaw Chocolate Chip Cookie</p>	<p>19 Meatloaf w/Brown Gravy Garlic Whip Potato Green Bean w/Red Peppers Sunflower Seed Bread Spiced Peaches</p>	<p>20 Beef Kettle Lasagna Mixed Vegetable Blend Marin Zucchini Salad Garlic Roll Hermit Bar</p>	<p>21 Holiday Special Bread Fish w/tartar Sauce Delmonico Potatoes Italian Vegetable Blend Rye Bran Roll Orange Delight</p>	<p>22 Holiday Special Roast Beef w/Brown Gravy Whipped Potatoes Green Peas w/Onions Bread Dressing Cherry Crisp</p>
<p>25 Closed for Holiday</p>	<p>26 Closed for Holiday</p>	<p>27 Chicken Pastina Mixed Vegetable Blend Marinated Vegetable Salad Oat Bran Wheat Roll Seasonal Fruit</p>	<p>28 Birthday Special Baked Ham w/Raisin Sauce Sweet Potato Casserole Italian Vegetable Blend Squash Bread Rocky Road Pudding</p>	<p>29 Beef Spanish Rice Whole Kernel Corn Scandinavian Vegetable Blend French Bread Fruit Cocktail</p>



Holiday Traditions Your Family Will Love

Every family has traditional holiday foods that show up on the table year after year. Instead of using the holidays as an excuse for high-fat, high-calorie feasting, use these five easy tips to remake your holiday favorites with good health in mind.

Holiday Tip #1: Control Portions

Set the holiday table with your family's heirloom china. This will help you automatically downsize portion sizes, because until the late 1960's, dinner plates were 9 inches or so in diameter. Today's plates have an average diameter of 12 inches. No one will notice a decrease in portion sizes when you use smaller plates and glasses. Cut Grandma's luscious Christmas cake into 18 servings, portion your favorite holiday cookie recipe to make 4 dozen smaller cookies instead of 3 dozen larger ones, cut fudge into 1"x1" pieces, and use 4-ounce glasses for your favorite sparkling punch.

Holiday Tip #2: Double Up on Vegetables

Serve vitamin-packed, lower carbohydrate vegetables like asparagus, Brussels sprouts, or broccoli in large bowls. Put higher calorie mashed potatoes and winter squashes in smaller bowls. Place a smaller serving spoon in the bowls with potatoes or winter squash and your family and guests will automatically – and unknowingly – serve themselves smaller portions (1). Instead of meatballs and cheese logs, feature vegetable appetizers like marinated mushrooms, tomato bruschetta, roasted asparagus, stuffed tomatoes, etc.

Holiday Tip #3: Give Healthful Gifts

Give homemade gifts that are packed with healthful ingredients. Bake breads that fea-



ture hearty whole grains, bring a basket of luscious fresh fruit instead of a box of candy as a hostess gift, or tie a bow around a bag of mixed nuts instead of cookies.

Holiday Tip #4: Lighten Up

Lighten up favorite recipes. Use fat-free evaporated skim milk instead of cream in custard pies and sauces, boost flavor in casseroles with spices and seasonings instead of butter or salt, and bake foods instead of frying them. No one will notice the changes!

Holiday Tip #5: Make Fruit the Star

Give colorful fruit a starring role. Serve fresh sliced berries for a holiday breakfast, include colorful chunks of fresh fruit, such as pineapple, mango, kiwi, and red grapes on bamboo skewers for a holiday buffet, offer nibbles of dates and grapes instead of cheese and crackers, etc.

By Lynn Grieger, RD, CDE, CPT

Source:

1. ice cream illusions bowls, spoons, and self-served portion sizes. Wansink B, van Ittersum K, Painter JE. AM J Prev Med. 2006 Sep;31(3):240-3.

Jackson County

Dining Centers are located in:

- Ashland
- Central Point
- Eagle Point
- Jacksonville
- Medford
- Rogue River

Home delivered meals are also available in Gold Hill, Phoenix, Shady Cove, Talent, and White City.

For more information, please call Food & Friends at (541) 734-9505.

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Dining Centers are located in:

- Cave Junction
- Grants Pass
- Merlin
- Wolf Creek

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