

RVCOG Food and Friends | June 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Beef Stroganoff w/Egg Noodles Whole Kernel Corn Green Beans w/Red Peppers Peanut Butter Bar Rye Bran Roll</p>	<p>4</p> <p>Garden Chicken Mini Salad over Spinach Romaine Creamy Cucumber Salad Seven Grain Roll Rice Krispie Bar</p>	<p>5</p> <p><i>Birthday Special</i></p> <p>Meatloaf w/Brown Gravy Lyonnais Potatoes Winter Vegetable Blend Cracked Wheat Bread Chocolate Cake</p>	<p>6</p> <p>Turkey A La King Whipped Potatoes Broccoli Rye Bread Fresh Orange</p>	<p>7</p> <p><i>Around the World</i></p> <p>Roast Pork <i>New!</i> with Soy Ginger Sauce Garlic Noodles Kyoto Vegetable Blend Asian Coleslaw Almond Cookie</p>
<p>10</p> <p>Homestyle Pork Patty w/Pork Gravy Garlic Whip Potato Cabbage & Carrots Cracked Wheat Bread Zucchini Brownie</p>	<p>11</p> <p>Sloppy Joe Ranch Beans Winter Vegetable Blend Hamburger Bun Lemon Bar</p>	<p>12</p> <p>Macaroni & Cheese Italian Vegetable Blend Green Beans w/Red Peppers Cracked Wheat Bread Lime Whip</p>	<p>13</p> <p>Chef Mini Salad over Spinach Romaine Pickled Beets Seven Grain Roll Hermit Bar</p>	<p>14</p> <p><i>Father's Day</i></p> <p>Country Fried Steak w/Country Gravy Whipped Potatoes San Francisco Vegetables Cracked Wheat Roll Carrot Cake</p>
<p>17</p> <p>Breaded Fish w/Tartar Sauce Delmonico Potatoes Green Beans w/Onion Sunflower Seed Bread Applesauce</p>	<p>18</p> <p><i>Taco Tuesday Special</i></p> <p>Beef Taco Lettuce/Tomato/Cheese Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie</p>	<p>19</p> <p>Closed</p>	<p>20</p> <p>Turkey Tetrazzini Sliced Carrots Spinach Rye Bran Roll Cranberry Crunch Bar</p>	<p>21</p> <p>Salisbury Steak w/Brown Gravy Colcannon Potatoes Cabbage & Carrots Oat Bran Wheat Roll Cherry Whip</p>
<p>24</p> <p>Roast Pork w/Apple Chutney Sauce Garlic Whipped Potatoes Glazed Carrots French Bread Chocolate Cake</p>	<p>25</p> <p><i>Birthday Special</i></p> <p>Meatloaf w/Brown Gravy Red Potatoes Winter Vegetable Blend Oat Bran Wheat Roll Grace's Chocolate Chip Bar</p>	<p>26</p> <p>Beef Patty w/Gravy/Peppers Whipped Potatoes Italian Vegetable Blend Seven Grain Bread Pineapple Tidbits</p>	<p>27</p> <p><i>New!</i> Chicken Chili Rellano Bake Chuckwagon Corn Spinach Cornmeal Bread Rocky Road Pudding</p>	<p>28</p> <p>Shepherd's Pie Mixed Vegetables Broccoli French Bread Lemon Blondie</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>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>		

BeWell

Wilderness Foundation

June 2024

Senior Meals Program



Jackson County

Dining Centers are located in:

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



Making healthy choices now will help support your cognitive health today and into the future. The four keys to supporting brain health are **EAT, EXERCISE, SLEEP** and **CONNECT**.

EAT - Follow the MIND diet principles listed below.

10 Foods to Eat on the

MIND Diet:

1. Green, leafy vegetables
2. All other vegetables
3. Berries
4. Nuts
5. Olive Oil
6. Whole Grains
7. Fish
8. Beans
9. Poultry
10. Red Wine

5 Foods to Limit on the

MIND Diet:

1. Butter and M
2. Pastries and ;
3. Red meat
4. Fried Food
5. Cheese



EXERCISE

 - Make

physical exercise a priority and perform activities that bring you joy. Regularly exercise your brain too with activities that support growth of new brain cells, such as working on puzzles, reading, drawing or completing an educational course.

SLEEP

 - Strive to obtain seven

to nine hours of sleep each night. Sleep improves our ability to adapt to input that we receive during waking hours and it promotes the removal of waste products from brain cells.

CONNECT

 - Connect with

people regularly. Stay in touch with family and friends. Participating in social activities is associated with a decrease risk of cognitive decline.

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.

Josephine County

Dining Centers are located in:

- Cave Junction
- Grants Pass
- Merlin
- Wolf Creek

Home delivered meals are also available in Wilderville and Williams.

For more information, please call Food & Friends at (541) 955-8839