

RVCOG Food and Friends | July 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Macaroni & Cheese Parmesan Tomatoes Peas & Carrots Oat Bran Wheat Bread Lemon Gelatin w/Fruit	2	Tuna Salad Sandwich Creamy Cucumber Salad Pickled Beets Wheat Bread (2 sl) Joy's Applesauce Cookie	3	Independence Day Special Sausage w/Sauerkraut Chuckwagon Corn Baked Beans Hot Dog Bun Frosted Marble Cake	4	Closed for Holiday	5	NEW! Chicken Chili Lime Spanish Rice Pinto Beans Cilantro Coleslaw Lemon Cookie
8	Coconut Curry Chicken Jasmine Rice Green Peas Carrots Snickerdoodle Bar	9	Sloppy Joe Baked Beans Mixed Vegetables Hamburger Bun Lime Whip	10	Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes California Vegetables Multigrain Bread Chocolate Cake	11	Chicken Caesar Mini Salad over Spinach Romaine Creamy Coleslaw Rye Bran Roll Fresh Banana	12	Roast Pork w/Pork Gravy Delmonico Potatoes Spinach Oat Bran Wheat Bread Applesauce
15	Vegetable Spinach Lasagana Broccoli Romaine Iceberg Salad Oat Bran Wheat Roll Fresh Orange	16	German Meatballs w/Bavarian Sauce Pasta Cucumber & Red Onion Salad Glazed Carrots Peanut Butter Cookie	17	Mexican Chicken Pasta Bake Whole Kernel Corn Carrot Pineapple Slaw Multigrain Roll Brownie	18	Homestyle Turkey Patty w/Poultry Gravy Garlic Whipped Potatoes Green Beans w/Red Peppers Rye Bran Bread Tapioca Pudding	19	Beef Rigatoni Spinach Mixed Vegetables Wheat Bread Carrot Cake
22	Caribbean Chicken Stew (Sancocho) California Vegetables Marinated Broccoli Salad French Roll Pineapple Nut Cookie Milk	23	Breaded Fish w/Tartar Sauce Roasted Potatoes Spinach Squash Bread Hermit Bar	24	Spaghetti & Meat Sauce Italian Vegetable Blend Spinach Romaine Salad Garlic Roll Seasonal Fruit Milk	25	Birthday Special Meatloaf w/Mushroom Gravy Whipped Potatoes Peas & Carrots Onion Bread Grace's Chocolate Bar	26	Egg Salad Sandwich Shredded Lettuce Kidney Bean Salad Apple Cranberry Coleslaw Wheat Bread (2 sl) Peaches
29	Chicken Pomodoro Carrots Italian Vegetables Garlic Roll Vanilla Pudding	30	Taco Tuesday Special Beef Taco Lettuce, Tomato, & Cheese Black Beans Chuckwagon Flour Tortilla Snickerdoodle Bar	31	Swiss Style Steak w/Swiss Sauce Whipped Potatoes Mixed Vegetables Oat Bran Wheat Bread Lemon Blondie	<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>	

beat the summer heat

STAY Hydrated!

Why Hydrate

Proper hydration is important to normal body function. Being well-hydrated supports your immune system, energy levels, brain function, and physical performance. It may also help relieve and prevent headaches, constipation, and kidney stones, aid in weight loss, and decrease joint pain.

Signs You May Be Dehydrated

Know the signs of dehydration. Signs may include:

- Intense thirst
- Exhaustion or increased perception of effort
- Increased body temperature
- Faster breathing and pulse rate
- Dark urine color
- Confusion
- Fainting

Daily Fluid Requirements

Women: 11.5 cups

Men: 15.5 cups

What to Eat and Drink

Water is the healthiest and most efficient way to stay hydrated but 20% of your daily fluid needs can come from the foods you eat or other beverages you drink. Here are some alternative ways to stay hydrated:

1. **Infused Water** - Add natural flavors to your water by infusing it with slices of fruits, vegetables, or herbs, like lemon, cucumber, and mint.
2. **Milk & Plant-based Milk Alternatives** – Liquid milk and plant-based milks, yogurt, and cottage cheese contribute to hydration while providing additional nutrients like calcium and vitamin D.
3. **Water-Rich Fruits and Vegetables** – Consume fruits and vegetables with high water content, such as watermelon, cucumber, celery, oranges, strawberries, and lettuce.
4. **Smoothies** – Create hydrating smoothies by blending water-rich fruits, vegetables, and yogurt or a plant-based milk alternative.
5. **Broths and Soups** – Contribute to your overall fluid intake while providing additional nutrients. Aim for low-sodium options.
6. **Ice Pops and Frozen Treats** – Make homemade ice pops using pureed fruits or 100% fruit juices. These can be a refreshing and hydrating option during hot summer months.
7. **Low Sugar Mocktails** – Enjoy refreshing beverages without the excessive sugar found in many traditional cocktails or the dehydrating effects of alcohol.



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.

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