

RVCOG Food and Friends

October 2024



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>1</p> <p>White Bean Chicken Chili Winter Vegetables Carrots Cornbread Snickerdoodle Bar</p>	<p>2</p> <p>Turkey Tetrzini Green Peas Garden Vegetable Salad Oatmeal Roll Chocolate Chip Cookie</p>	<p>3</p> <p>Swedish Meatballs w/Swedish Sauce Whipped Potatoes Spinach Rye Bran Roll Cranberry Crunch Bar</p>	<p>4 Around the World</p> <p>Roast Pork <i>New!</i> w/Ginger & Pineapple Sauce Jasmine Rice Kyoto Vegetables Broccoli Seasonal Fruit</p>
	<p>7</p> <p>Scalloped Potatoes with Turkey Cabbage Sliced Carrots Oat Bran Wheat Roll Cinnamon Applesauce</p>	<p>8 Birthday Special</p> <p>Meatloaf w/Brown Gravy Garlic Whipped Potatoes Peas & Carrots Wheat Roll Chocolate Cake</p>	<p>9</p> <p>✓ Macaroni & Cheese Parmesan Tomatoes Spinach Sunflower Seed Bread Orange Delight</p>	<p>10</p> <p>Sloppy Joe Ranch Beans Whole Kernel Corn Hamburger Bun Cowboy Cookie</p>
<p>14</p> <p>Breaded Fish w/Tartar Sauce Red Diced Potatoes Peas & Carrots Seven Grain Bread Applesauce</p>	<p>15</p> <p>Creamed Chicken & Vegetables Whipped Potatoes Green Beans Rye Bran Roll Chocolate Pudding</p>	<p>16</p> <p>BBQ Smokehouse Chop Baked Beans Mixed Vegetables Wheat Hamburger Bun Banana Chocolate Bar</p>	<p>17</p> <p>Spaghetti and Meat Sauce Italian Vegetables Garden Vegetable Salad Grace's Chocolate Bar Garlic Roll</p>	<p>18</p> <p>✓ Cheese & Green Chili Bake Chuckwagon Corn Broccoli Seasonal Fruit</p>
<p>21</p> <p>Chicken in Peanut Sauce Brown Rice California Vegetables Carrot & Pineapple Salad Almond Cookie</p>	<p>22</p> <p>Beef Spanish Rice Pinto Beans Whole Kernel Corn Oat Bran Wheat Roll Lemon Cookie</p>	<p>23 Birthday Special</p> <p>Meatloaf w/Brown Onion Gravy Whipped Potatoes Spinach Multigrain Roll Confetti Cake</p>	<p>24</p> <p>Roast Pork w/Pork Gravy Mashed Spiced Yams Green Beans Squash Bread Mandarin Oranges</p>	<p>25</p> <p>Chicken Alfredo Bake Peas & Carrots Broccoli Oat Bran Wheat Roll Chocolate Oatmeal Bar</p>
<p>28</p> <p>Homestyle Turkey Patty w/Poultry Gravy Lyonnaise Potatoes Spinach Oatmeal Roll Oreo Fluff</p>	<p>29 Taco Tuesday Special</p> <p>Beef Taco Shredded Lettuce & Tomatoes Black Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie</p>	<p>30</p> <p>Chicken Pastina Brussels Sprouts, Corn, & Carrots Green Peas Rye Bran Roll Pineapple Tidbits</p>	<p>31 Halloween Special</p> <p>Polish Sausage w/Sauerkraut Baked Beans German Potato Salad Hot Dog Bun Pumpkin Bar</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>



BREAST CANCER AWARENESS MONTH

KNOW AND UNDERSTAND BREAST CANCER



RISK FACTORS

- Being a woman
- Aging
- Family history
- Being overweight
- Changes in breast cancer-related genes
- Started menopause after age 55
- Having menstrual period before age 12
- Taking estrogen and progesterone hormones in menopause for more than 5 years
- Never giving birth or being older when first child was born
- Smoking and excessive alcohol consumption

SIGNS & SYMPTOMS

- New lump or mass in breast or underarm
- Pain, discharge, irritation or dimpling
- Red or flaky skin
- Thickening or swelling
- Any change in size or shape

SCREENING FOR EARLY DETECTION

Screening options include mammograms, regular self-breast exams, clinical exams and yearly medical check-ups. Women between ages 50–74 should have a mammogram every two years.

REDUCE YOUR RISK

Limit alcohol and cut out smoking.
One drink a day for women and two for men.

Maintain a healthy weight.
Being overweight or obese increases your risk.

Move more.
Exercise a minimum of 30 minutes per day.

Get your Zs.
Lack of sleep may increase your risk.

Avoid cancer-causing chemicals.
They interfere with normal body function.

Eat like a Mediterranean.
Fill your plate with a variety of vegetables, fruits, grains, legumes, nuts, and olive oil often. Choose fish over red meat.

Limit exposure to radiation.
Only undergoing medical-imaging tests when absolutely necessary.

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

