

# RVCOG Food and Friends | November 2024

TRIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALLERGEN DISCLAIMER:</b> 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 &amp; older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.</p>		<p><b>1 Around the World</b> <i>New!</i> <b>Chicken Thigh (Boneless)</b> <b>Cuban Citrus Mojo</b> <i>New!</i> <b>Rice with Black Beans</b> Fiesta Vegetables Romaine Iceberg Salad Fresh Orange</p>
<p><b>4</b></p> <p><b>Turkey Pot Pie over Biscuit</b> Broccoli Whole Kernel Corn Chocolate Chip Bar</p>	<p><b>5</b></p> <p><b>Sweet &amp; Sour Pork</b> Parslied Rice Kyoto Vegetables Asian Coleslaw Lemon Cookie</p>	<p><b>6 Birthday Special</b></p> <p><b>Meatloaf w/Brown Gravy</b> Whipped Potatoes Mixed Vegetables Squash Bread Chocolate Cake</p>	<p><b>7</b></p> <p><b>Chicken Spaghetti</b> Glazed Carrots San Francisco Vegetables Multigrain Roll Peanut Butter Cookie</p>	<p><b>8 Veteran's Day</b></p> <p><b>Garlic Chicken w/Poultry Gravy</b> Diced Roasted Potatoes Peas &amp; Carrots White Dinner Roll Lemon Blondie</p>
<p><b>11</b></p> <p><b>Closed for Holiday</b></p>	<p><b>12</b></p> <p><b>Turkey Tetrazzini</b> Peas &amp; Carrots Harvard Beets Rye Bran Roll Seasonal Fruit</p>	<p><b>13</b></p> <p><b>Jamaican Jerk Chicken</b> Yellow Rice Green Beans with Red Peppers Glazed Carrots Lime Gelatin w/Whipped Topping</p>	<p><b>14</b></p> <p><b>Ground Beef Stew</b> Winter Vegetables Whole Kernel Corn Cornbread Fresh Orange</p>	<p><b>15</b></p> <p><b>Roast Pork w/Pork Gravy</b> Scalloped Potatoes Italian Vegetables Cracked Wheat Bread Cranberry Crunch Bar</p>
<p><b>18</b></p> <p><b>Beef Rigatoni Bake</b> Peas &amp; Carrots Spinach Garlic Bread Fresh Orange</p>	<p><b>19</b></p> <p><b>Turkey Brunswick Stew</b> Italian Vegetables Green Pea Salad Oat Bran Wheat Roll Grace's Chocolate Bar</p>	<p><b>20</b></p> <p><b>Southern Pork Pasta</b> Broccoli &amp; Carrots Green Beans Cracked Wheat Bread Snickerdoodle Bar</p>	<p><b>21 Birthday Special</b></p> <p><b>Meatloaf w/Brown Gravy</b> Whipped Potatoes California Vegetables Wheat Roll Oreo Fluff</p>	<p><b>22</b></p> <p><b>Chicken Fajita Bowl</b> Broccoli Sliced Carrots Multigrain Roll Mandarin Oranges</p>
<p><b>25</b></p> <p><b>Macaroni &amp; Cheese</b> Parmesan Tomatoes Green Peas French Bread Pineapple Tidbits</p>	<p><b>26 Taco Tuesday Special</b></p> <p><b>Beef Taco w/Cheese</b> Shredded Lettuce &amp; Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Bar</p>	<p><b>27 Thanksgiving Special</b></p> <p><b>Roasted Turkey w/Gravy</b> Cranberry Sauce Garlic Whipped Potatoes Green Peas with Pearl Onions Stuffing Baked Pumpkin Custard</p>	<p><b>28</b></p> <p><b>Closed for Holiday</b></p>	<p><b>29</b></p> <p><b>Closed for Holiday</b></p>

Home delivered meals are also available in Wilderville and Williams.  
For more information, please call Food & Friends at (541) 955-8839

Dining Centers are located in: **Josephine County**  
Cave Junction  
Grants Pass  
Merlin  
Wolf Creek

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

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

Dining Centers are located in: **Jackson County**  
Ashland  
Central Point  
Eagle Point  
Jacksonville  
Medford  
Rogue River

**Eat Most Often:** non-starchy vegetables such as lettuce, tomatoes, broccoli and green beans, starchy vegetables (listed above), whole fruits and whole grains like brown rice, quinoa, oats, and whole grain breads, pasta and crackers; plain yogurt & fat-free or low-fat milk

**Eat Less Often:** sugary beverages such as soda, sweetened tea or juices; refined carbs like white bread, pasta, tortillas, crackers, rice and cereal; pastries like doughnuts, croissants and sweet rolls; sweets or snack foods like cake, cookies, candy, chips, ice cream and sweetened yogurt; sugar-sweetened condiments

The goal to choosing the best carbs is to select the most nutrient-dense versions, meaning they contain more fiber, vitamins and minerals and are low in added sugars, sodium and unhealthy fats. When choosing healthful carbohydrates, you should aim to:

- Starches**  
Present in plant-based foods such as peas, corn, potatoes, beans, rice and other grain products
- Sugars**  
Occur naturally in foods such as milk and fruit and are added to foods to make them sweet, like table sugar, honey or corn syrup
- Fiber**  
Indigestible part of plant foods that have shown to help with digestive and heart health

**Nutrition Spotlight: Carbohydrates**  
Managing the carbohydrates (or carbs) that you eat play an important role in a healthful diet for both people with and without diabetes. While a balanced plate with nutrient-dense foods is the first step for disease prevention or maintenance, taking control of your carb intake is a key factor for managing blood sugar levels. Carbs provide the body with glucose (aka energy), which directly impacts blood sugar levels. There are three main types of carbohydrates:

**What is Diabetes & Prediabetes?**  
Diabetes is a chronic health condition that affects the body's ability to produce or respond to the hormone insulin resulting in elevated levels of glucose in the blood and urine. The three main types of diabetes are type 1, type 2 and gestational diabetes. When diabetes is left uncontrolled, additional health complications may occur like heart, kidney and Alzheimer's disease and nerve, eye and skin damage. *Prediabetes* is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke.

# AMERICAN DIABETES MONTH: TAKE CONTROL OF YOUR CARBS