

RVCOG Food and Friends | December 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Smokehouse Chop Diced Onions Baked Beans Pickled Beets Wheat Hamburger Bun Hot Cinnamon Applesauce	3 Herbed Chicken Patty w/Poultry Gravy Brown Rice Sliced Carrots Spinach Lemon Bar	4 Birthday Special Meatloaf Brown Gravy Whipped Potatoes Green Beans Rye Bran Roll Chocolate Cake	5 Spaghetti/Meat Sauce Whole Kernel Corn Spinach Romaine Ranch Dressing Garlic Roll Fresh Banana	6 Around the World New! Greek Chicken New! Lemon Rice Sliced Carrots New! Tomato, Cucumber, & Feta Salad Fresh Orange
9 Beef Patty w/Peppers and Gravy Rosemary Potatoes Green Beans Oat Bran Wheat Roll Orange Delight	10 BBQ Diced Chicken Sandwich Baked Beans Whole Kernel Corn Wheat Hamburger Bun Vanilla Pudding	11 Breaded Pollock Fish w/Tartar Sauce Garlic Whipped Potatoes Sliced Carrots Multigrain Roll Joy's Applesauce Cookie	12 Chili Meatballs w/Zesty Tomato Sauce Penne Noodles Spinach Peas & Carrots Lime Whip	13 Chicken & Sausage Jambalaya Broccoli Confetti Corn Cornbread Fresh Orange
16 Beef Kettle Lasagna Sliced Carrots Creamy Coleslaw Garlic Roll Grace's Chocolate Bar	17 Birthday Special Meatloaf w/Brown Gravy Garlic Whipped Potatoes Green Beans with Red Peppers Sunflower Seed Bread Frosted Yellow Cake	18 Roast Pork w/Apple Chutney Sauce Brown Rice Peas & Carrots Romaine Iceberg Salad Chocolate Chip Cookie	19 Herbed Chicken Patty w/Creole Sauce Colcannon Potatoes Broccoli & Carrots Rye Bran Roll Orange Delight	20 Holiday Special Roast Beef w/Brown Gravy Whipped Potatoes Peas & Carrots Stuffing Rocky Road Pudding
23 Chicken Pastina Sliced Carrots New! Cabbage Vinaigrette Salad Oat Bran Wheat Roll Seasonal Fruit	24 Closed	25 Closed	26 Baked Ham with Raisin Sauce Sweet Potato Casserole Italian Vegetables Squash Bread Candy Cane Cake	27 Bavarian Stew Whole Kernel Corn Green Peas w/Pearl Onions French Bread Cinnamon Applesauce
30 New! Vegetarian Chili Glazed Carrots Winter Vegetables Cornbread Snickerdoodle Bar	31 Taco Tuesday Special Beef Taco with Cheese Shredded Lettuce & Tomatoes Black Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie	<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>				

KNOW YOUR FOOD LABEL



Organic. Natural. Plant-based. Are you confused by the front-of-the package labeling? Turn the package and look no further than the Nutrition Facts Label. The Nutrition Facts Label is where you can find the information you need to determine if a food item is the best choice for you. Learn more below.

1. Serving Information: Provides number of servings per container and the single serving size.

2. Calories: Identifies total calories per serving size and NOT the whole container.

3. Nutrients: Identifies the amount of key nutrients in the food item for a single serving. **TIP:** Nutrients to consume more of: fiber, vitamin D, calcium, iron, and potassium. Nutrients to consume less of: saturated fats, cholesterol, sodium, and added sugars.

4. % Daily Values: Provides the percentage of each nutrient in a single serving compared to how much you need in one day. The percentage is based on a 2000 calorie diet. **TIP:** Low is 5% or less; aim low in saturated fat, cholesterol, sodium, and added sugars. High is 20% or more; aim high in vitamins, minerals, and dietary fiber.

5. Ingredient List: Ingredients are listed in descending order based on the weight of the ingredient. **TIP:** Choose items most often that contain whole food ingredients listed first on the label.

6. Food Allergens: Allergens legally required to be on the label are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybean, and sesame. They can be labeled in three different ways: a “contains” statement, within the ingredient list, or within parentheses.

Nutrition Facts	
1 Bar Serving Size (52 G)	
Amount Per Serving	Calories 190
%Daily Value*	
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 140 mg	6%
Total Carbohydrate 24 g	9%
Dietary Fiber 6 g	21%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
Protein 12 g	22%
Vitamin D 0 mcg	0% Calcium 40 mg 2%
Iron 1.4 mg 8%	Potassium 400 mg 8%
INGREDIENTS: Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors.	
CONTAINS EGGS, ALMONDS AND CASHES. May contain peanuts and other tree nuts.	



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

