



# RVCOG FOOD AND FRIENDS

# JANUARY



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <p>A suggested minimum donation is requested from seniors 60 &amp; older.<br/>Non-seniors must pay full cost of the meal.<br/>1% milk served with all meals.</p> | <p><b>ALLERGEN DISCLAIMER:</b><br/>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><b>1</b><br/><b>Holiday Closed</b></p>  | <p><b>2</b> <b>New Year's Day Special</b><br/>Glazed Ham with Pineapple Glaze<br/>Mashed Spiced Yams<br/>Club Spinach<br/>White Dinner Roll<br/>Confetti Cake</p> | <p><b>3</b> <b>Around the World</b><br/><i>New!</i> Beef Broccoli Honey Cashews<br/>Rice<br/>Ginger Carrots<br/>Asian Coleslaw<br/>Almond Cookie</p> |
| <p><b>6</b><br/>Herbed Chicken Patty w/Garlic Mushroom Sauce<br/>Whipped Potatoes<br/>Spinach<br/>Oat Bran Wheat Bread<br/>Snickerdoodle Bar</p>                 | <p><b>7</b><br/>Homestyle Turkey Patty w/Poultry Gravy<br/>Brown Rice<br/>Cabbage &amp; Carrots<br/>Whole Kernel Corn<br/>Lemon Bar</p>  | <p><b>8</b> <b>Birthday Special</b><br/>Meatloaf w/Brown Gravy<br/>Whipped Potatoes<br/>Green Beans<br/>Rye Bran Roll<br/>Chocolate Cake</p> | <p><b>9</b> ✓ Spinach Strata<br/>Stewed Tomatoes<br/>Broccoli and Carrots<br/>Sprouted Wheatberry Bread<br/>Fresh Apple</p>                                       | <p><b>10</b><br/>Beef Rigatoni Bake<br/>Carrots<br/>Whole Kernel Corn<br/>Whole Wheat Bread<br/>Grace's Chocolate Bar</p>                            |
| <p><b>13</b><br/>Beef Spanish Rice<br/>Green Beans<br/>Fiesta Vegetables<br/>Sprouted Wheatberry Bread<br/>Pineapple Fluff</p>                                   | <p><b>14</b><br/>Chicken Penne Pasta<br/>Country Cottage Vegetables<br/>Kidney Bean Salad<br/>Oat Bran Wheat Roll<br/>Hot Cinnamon Applesauce</p>  | <p><b>15</b><br/>Szechuan Pork<br/>Jasmine Rice<br/>Winter Vegetables<br/>Cabbage and Carrots<br/>Lime Whip</p>                              | <p><b>16</b><br/>Chicken Lo Mein<br/>Green Peas &amp; Carrots<br/>Spinach<br/>Whole Wheat Bread<br/>Fresh Orange</p>  | <p><b>17</b><br/>German Meatballs w/Sauce<br/>Lyonnaisse Potatoes<br/>Spinach Romaine Salad<br/>Seven Grain Roll<br/>Lemon Blondie</p>               |
| <p><b>20</b><br/><b>Holiday Closed</b></p>   | <p><b>21</b><br/>Parmesan Chicken<br/>WG Garlic Pasta<br/>Broccoli<br/>Mixed Vegetables<br/>Garlic Bread<br/>Seasonal Fruit</p>  | <p><b>22</b><br/>Turkey Brunswick Stew<br/>California Vegetables<br/>Spinach<br/>Oat Bran Wheat Roll<br/>Chocolate Oatmeal Bar</p>           | <p><b>23</b> <b>Birthday Special</b><br/>Meatloaf w/Brown Gravy<br/>Garlic Whipped Potatoes<br/>Green Beans w/Red Peppers<br/>French Bread<br/>Carrot Cake</p>    | <p><b>24</b> ✓ Spicy Southwest Pasta<br/>Stewed Tomatoes<br/>Black Beans<br/>Onion Bread<br/>Lime Delight<br/>Hot Cinnamon Applesauce</p>            |
| <p><b>27</b><br/>Southern Pork Pasta<br/>Green Beans<br/>Harvard Beets<br/>Cracked Wheat Bread<br/>Applesauce Gingerbread</p>                                    | <p><b>28</b> <b>Taco Tuesday Special</b><br/>Beef Taco w/Cheese<br/>Pinto Beans<br/>Chuckwagon Corn<br/>Flour Tortilla<br/>Lemon Cookie<br/>Flour Tortilla</p>   | <p><b>29</b><br/>Breaded Fish w/Tartar Sauce<br/>Delmonico Potatoes<br/>California Vegetables<br/>Oatmeal Roll<br/>Fresh Orange</p>          | <p><b>30</b><br/>Bavarian Beef Stew<br/>Peas &amp; Carrots<br/>Apple Cranberry Coleslaw<br/>Seven Grain Roll<br/>Hot Spiced Applesauce</p>                        | <p><b>31</b><br/>Chicken Spaghetti<br/>Italian Vegetables<br/>Spinach<br/>Oat Bran Wheat Roll<br/>Hermit Bar</p>                                     |

NEW YEAR, NEW YOU  
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BE PROACTIVE ABOUT  
YOUR HEALTH



Optimize your physical and mental well-being by starting the New Year with being proactive about your health. Being proactive requires habits and strategies to maintain or improve your well-being, and contribute to an improved quality of life, reduced health care costs, and overall health.

#### Habits for Health

- **Consume a Balanced Diet:** Choose nutrient dense food choices which reflect personal preferences, financial means, and cultural traditions. Nutrient dense foods include vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, low-fat dairy, legumes, nuts, seeds, and heart-healthy, plant-based oils.
- **Partake in Regular Physical Activity:** Incorporate at least 150 minutes of moderate-intensity physical activity each week, or 75 minutes of vigorous-intensity activity, or a combination of both. Include two days of strength training per week, plus activities that promote balance.
- **Focus on Mental Health:** Practice mindfulness techniques daily such as deep breathing, meditation, and yoga to reduce stress and anxiety.
- **Prioritize Adequate Sleep:** Aim for 7-9 hours of quality sleep each night to improve mood and boost your immune system. Practice proper sleep hygiene to help with any sleep disturbances.
- **Choose Healthy Relationships:** Stay connected with friends and family who support you and establish boundaries to protect your energy and mental well-being.
- **Engage in New Experiences:** Be open to new ideas and seek help, such as therapy or counseling when you need it.

#### Strategies for Health

##### Strive for Progress NOT Perfection.

To see long term success, acknowledge the setbacks and obstacles which cannot be avoided. Set only a few realistic goals at a time to avoid failure and maintain balance.

##### Delegate Time and Attention.

Schedule routine and structure to prioritize your time. Plan your meals for the week, make a grocery list, and block your calendar for movement into your day.

##### Review and Adjust Goals.

Identify what is working and what is not to change your goals and improve your success. Reset goals that were set incorrectly, such as being too difficult or too easy to achieve.

### 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