



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Teriyaki Meatballs w/Sauce</b> Brown Rice Carrots Broccoli Fresh Apple	<b>4</b>  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Kidney Bean Salad Rye Bran Roll Fresh Orange	<b>5</b> <b>Birthday Special</b> <b>Meatloaf w/Brown Gravy</b> Garlic Whipped Potatoes Cabbage and Carrots Cracked Wheat Bread Chocolate Cake	<b>6</b> <b>Herbed Chicken Patty w/Apple Chutney Sauce</b> Red Diced Potatoes Brussel Sprts & Corn Squash Bread Grace's Chocolate Bar	<b>7</b> <b>Around the World</b> <i>New!</i> <b>Pork Chop Suey Rice</b> Ginger Carrots Green Peas Cherry Whip
<b>10</b> <b>Beef Chili w/Beans</b> California Vegetables Peas & Carrots Cornbread Molasses Cookie	<b>11</b> <b>Chicken Rice Bake</b> Broccoli Whole Kernel Corn Multigrain Roll Pineapple Tidbits	<b>12</b> <i>New!</i> <b>Mozzarella Chicken Bowtie Pasta with Marinara</b> Italian Vegetables Spinach Garlic Bread Tapioca Pudding	<b>13</b> <b>Beef Kettle Lasagna</b> Creamy Coleslaw Carrots Seven Grain Roll Seasonal Fresh Fruit	<b>14 Valentines's Day Special</b> <b>Roasted Turkey w/Poultry Gravy</b> Sour Cream and Chive Potatoes Green Beans w/Red Peppers & Onions Sunflower Seed Bread Red Devil Beet Cake
<b>17</b> <b>Holiday Closed</b>	<b>18</b>  <b>Cheese Omelet w/Cheese Sauce</b> Parslied Potatoes San Francisco Vegetables Biscuit Ambrosia Salad	<b>19</b> <b>Caribbean (Sancocho) Chicken Stew</b> Country Cottage Vegetables Broccoli Ranch Coleslaw Oat Bran Wheat Roll Rice Krispie Bar	<b>20</b> <b>Birthday Special</b> <b>Meatloaf w/Brown Gravy</b> Whipped Potatoes California Vegetables French Bread Hermit Bar	<b>21</b> <b>BBQ Smokehouse Chop</b> Red Roasted Potatoes Brussels Sprouts Cracked Wheat Bread Chocolate S'more Pudding
<b>24</b> <b>Sweet &amp; Sour Pork Brown Rice</b> Kyoto Vegetables Asian Coleslaw Seasonal Fresh Fruit	<b>25 Taco Tuesday Speical</b> <b>Chicken Taco with Cheese</b> Lettuce & Tomatoes/Picante Sauce Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie	<b>26</b> <b>Beef Stroganoff w/Rotini Noodles</b> Green Beans Carrots Wheat Roll Lime Whip	<b>27</b> <b>Chicken Mushroom Bake</b> California Vegetables Whole Kernel Corn Chocolate Pudding Seven Grain Roll	<b>28</b> <b>BBQ Diced Chicken Sandwich</b> Baked Beans Tater Tots WG Hamburger Bun Lemon Bar

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.

**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.

AMERICAN  
HEART  
HEALTH  
MONTH

fast food  
for a Healthy Heart



When we think of American Heart Health Month we do not usually think of “fast food.” When we hear “fast food” typically the words that come to mind are “unhealthy,” “convenient,” and “cheap.” Many fast-food restaurants now offer healthier options or allow for customization to create more balanced meals. Prioritizing lean proteins, whole grains, and plenty of vegetables can make fast food part of a healthy diet in moderation. Follow these tips and tricks to put a healthy spin on your next fast-food order.

- **Grilled over Fried.** Select grilled chicken or fish instead of fried or breaded versions.
- **Salads with Caution.** Choose salads with plenty of vegetables, lean protein, and a vinaigrette (oil and vinegar-based) or light dressing. Avoid or limit high-calorie toppings like croutons, cheese, and creamy dressings.
- **Portion Control.** Choose smaller portion sizes or kids’ meals to manage calorie intake.
- **Skip the Extras.** Avoid adding extra cheese, bacon, or mayonnaise. Instead, ask for extra veggies in sandwiches, salads, pizzas, and wraps.
- **Drink Smart.** Opt for water, unsweetened iced tea, or other low-calorie beverages instead of sugary sodas.
- **Dressings On the Go.** Order dressing and sauces on the side, so you can control how much is added.
- **Share Dessert.** Split with the table, choose the smallest size, or order fresh fruit instead.
- **Come Prepared.** Read the menu before you go, so you have time to make a healthy choice.
- **Be Mindful of Nutrition Facts & Ingredients.** Look for each of these:
  - ✓ **Calories** – Choose lower-calorie, nutrient-dense foods like vegetables and fruits, whole grains, and lean proteins.
  - ✓ **Sodium** – Aim for less than 2,300 mg of sodium daily.
  - ✓ **Fat** – Choose items that have more heart healthy unsaturated fatty acids, such as avocados, nuts, seeds, and olive oil. Choose less saturated fats like butter, fried food, full fat dairy products, baked goods, and processed foods.
  - ✓ **Added Sugar** – Aim for less than 10% of your daily calories from added sugars.
  - ✓ **Whole Foods** – Look for menu items that include more whole foods rather than highly processed ones.
  - ✓ **Whole Grains** – Swap white bread for whole grain bread for more heart healthy fiber.
  - ✓ **Lean Meats** – Choose lean meats, such as chicken, turkey, or seafood over fattier meats, such as beef, pork, and bacon. Or select a plant-based protein like beans or a veggie burger.
  - ✓ **Vegetables and Fruits** – Add extra fruits and vegetables to your next to-go salad or sandwich for more vitamins and minerals in your diet.

## 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



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