

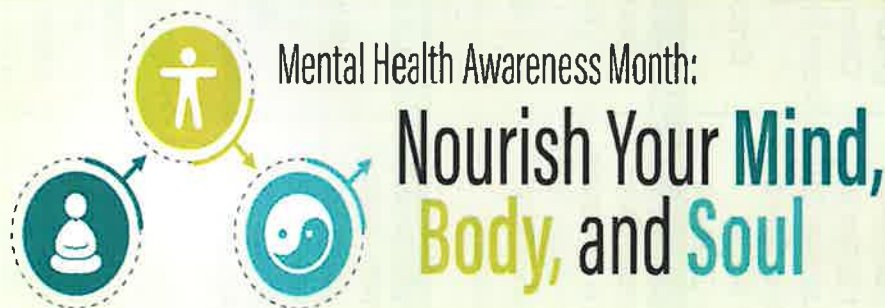


M A Y

RVCOG FOOD & FRIENDS



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>ALLERGEN DISCLAIMER:</p> <p>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>✓ denotes vegetarian option</p>		1 Birthday Special	2 Around the World
	<p><i>New!</i> denotes new item</p>		<p>Meatloaf with Brown Gravy</p> <p>Lyonnais Potatoes</p> <p>Broccoli & Cauliflower</p> <p>Cracked Wheat Bread</p> <p>Chocolate Cake</p>	<p>Baked (Tilapia) Fish</p> <p><i>New!</i> Curry Sauce</p> <p>Jasmine Rice</p> <p>Green Peas</p> <p>Carrot & Pineapple Salad</p> <p>Almond Cookie</p>
5 Cinco De Mayo Special	6	7	8	9 Mother's Day Special
<p>Beef Tamale Pie</p> <p>Pinto Beans</p> <p>Chuckwagon Corn</p> <p>Cinnamon Chocolate Pudding</p>	<p>Homestyle Turkey Patty with Poultry Gravy</p> <p>Delmonico Potatoes</p> <p>Mixed Vegetables</p> <p>Oatmeal Roll</p> <p>Snickerdoodle Bar</p>	<p>Spaghetti & Meat Sauce</p> <p>Broccoli & Cauliflower</p> <p>Carrots</p> <p>Squash Bread</p> <p>Hermit Bar</p>	<p>✓ Egg Salad Sandwich</p> <p>Shredded Lettuce</p> <p>Marinated Zucchini Salad</p> <p>Kidney Bean Salad</p> <p>Wheat Bread</p> <p>Mandarin Oranges</p>	<p>Chicken Breast Supreme</p> <p>Oven Roasted Potatoes</p> <p>Green Beans with Red Peppers</p> <p>Oatmeal Roll</p> <p>Grace's Chocolate Bar</p>
12	13	14 Birthday Special	15	16
<p>Country Meatballs with Country Gravy</p> <p>Garlic Whipped Potatoes</p> <p>Green Beans</p> <p>Oat Bran Wheat Roll</p> <p>Golden Fruit Cup</p>	<p>BBQ Pork Rib Patty</p> <p>Baked Beans</p> <p>Whole Kernel Corn</p> <p>WG Hamburger Bun</p> <p>Pears</p>	<p>Meatloaf with Brown Gravy</p> <p>Lyonnais Potatoes</p> <p>Parslied Carrots</p> <p>Seven Grain Bread</p> <p>Frosted Yellow Cake</p>	<p>Chicken Caesar Salad over Spinach Romaine</p> <p>Beet and Mandarin Salad</p> <p>White Dinner Roll</p> <p>Fresh Banana</p>	<p>Beef Broccoli Honey Cashew Stir Fry</p> <p>Rice</p> <p>Ginger Carrots</p> <p>Asian Coleslaw</p> <p>Fortune Cookie</p>
19	20 Taco Tuesday Special	21	22	23 Memorial Day Special
<p>Bavarian (Beef and Pork) Stew</p> <p>Cabbage and Carrots</p> <p>Green Beans with Red Peppers</p> <p>White Dinner Roll</p> <p>Orange Delight</p>	<p>Chicken Tacos</p> <p>Lettuce, Tomatoes, & Cheese</p> <p>Black Beans</p> <p>Chuckwagon Corn</p> <p>Flour Tortilla</p> <p>Pineapple Nut Cookie</p>	<p>Chicken and Pork Sausage Jambalaya</p> <p>Broccoli</p> <p>Tossed Salad</p> <p>French Roll</p> <p>Lemon Cookie</p>	<p>Beef Rigatoni Bake</p> <p>Italian Vegetables</p> <p>Whole Kernel Corn</p> <p>Garlic Bread</p> <p>Cinnamon Applesauce</p>	<p>Hamburger with Campfire Sauce</p> <p>Baked Beans</p> <p>Parslied Carrots</p> <p>WG Hamburger Bun</p> <p>Confetti Cake</p>
26	27	28	29	30
<p>Closed</p>	<p>Sloppy Joe</p> <p>Ranch Beans</p> <p>Mixed Vegetables</p> <p>Hamburger Bun</p> <p>Lemon Blondie</p>	<p>Kielbasa Sausage</p> <p>Sauerkraut/Yellow Mustard</p> <p>Baked Beans</p> <p>Chuckwagon Corn</p> <p>Hot Dog Bun</p> <p>Chocolate Chip Bar</p>	<p>Garlic Chicken with Poultry Gravy</p> <p>Whipped Potatoes</p> <p>Green Beans</p> <p>French Bread</p> <p>Applesauce Gingerbread</p>	<p>Turkey Apple Meatballs with Cider Glaze</p> <p>Oven Roasted Potatoes</p> <p>Country Cottage Vegetables</p> <p>Squash Bread</p> <p>Joy's Applesauce Cookie</p>



Mental Health Awareness Month:

Nourish Your Mind, Body, and Soul

Mental health is deeply connected to our daily habits. By eating well, staying active, and practicing self-care, we can feel more balanced and focused. Here are simple strategies to enhance your emotional well-being:

Eat Mindfully: *Mindful eating helps stabilize blood sugar, improve mood, and create a positive relationship with food. Here's how:*

- **Balance Your Plate:** Include grains, fruits, vegetables, proteins, and dairy in each meal.
- **Stay Hydrated:** Drink water regularly; add fruit slices or herbs for flavor.
- **Slow Down:** Engage your senses, chew slowly, and savor flavors.
- **Eliminate Distractions:** Turn off the TV and put away your phone while eating.
- **Listen to Your Body:** Eat when hungry and stop when satisfied.

Stay Active: *Physical activity releases endorphins, improving mood, and reducing stress.*

- **Daily Movement:** Aim for 30 minutes of enjoyable activity like walking, dancing, or gardening.
- **Start Small:** Begin with 10-minute sessions and gradually increase time and intensity.
- **Strength Training:** Include exercises to build muscle and support overall health.

Practice Self-Care: *Self-care supports emotional balance and reduces stress.*

- **Take Breaks:** Stand or move every hour.
- **Relaxation Techniques:** Try deep breathing, meditation, or journaling.
- **Prioritize Sleep:** Ensure you get restful, consistent sleep every night.

Stay Connected: *Meaningful connections strengthen emotional health.*

- **Spend Quality Time:** Engage with loved ones in person, by phone, or video.
- **Open Up:** Share your feelings with trusted friends or family.

Key Nutrients for Mental Well-Being

- **Omega-3s** (salmon, walnuts): Boost mood and brain health.
- **B Vitamins** (leafy greens, eggs): Support brain function
- **Magnesium** (almonds, dark chocolate): Manages stress
- **Probiotics** (yogurt, kefir): Improve gut-brain health
- **Carbohydrates** (whole grains, fruits): Increase energy and focus



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