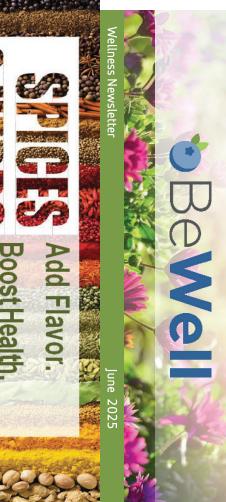


#### RVCOG FOOD & FRIENDS

#### JUNE



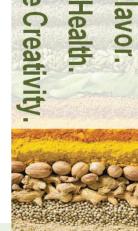
				and the second
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Birthday Special	5	6 Around the World
Chili Macaroni Whole Kernel Corn Green Beans with Red Peppers Peanut Butter Bar Rye Bran Roll	Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Creamy Cucumber Salad Seven Grain Roll Rice Krispie Bar	Meatloaf Brown Gravy Lyonnaise Potatoes Broccoli & Cauliflower Cracked Wheat Bread Chocolate Cake	Turkey A La King Whipped Potatoes Broccoli Rye Bran Roll Tropical Fruit	<i>New!</i> Beef Picadillo Spanish Rice Pinto Beans Cilantro Coleslaw Fresh Orange
9	10	11	12	13 Father's Day Special
Homestyle Turkey Patty Poultry Gravy O'Brien Potatoes Mixed Vegetables Cracked Wheat Bread Zucchini Brownie	Sloppy Joe Ranch Beans Broccoli and Cauliflower WG Hamburger Bun Lemon Bar Milk	Korean Beef Bimimbap (Rice) Carrots Kyoto Vegetables Lime Whip Milk	Chef Mini Salad Over Spinach Romaine Pickled Beets Seven Grain Roll Hermit Bar Milk	Western Beef Steak Country Gravy Whipped Potatoes San Fran Vegetables Cracked Wheat Bread Orange Cake
16	17 Birthday Special	18	19	20
Fish Vera Cruz Spanish Rice Broccoli Whole Kernel Corn Applesauce	Meatloaf Brown Gravy Whipped Potatoes Peas & Carrots Sunflower Seed Bread Chocolate Cake	Chicken Penne Pasta Sliced Carrots Spinach Rye Bran Roll Cranberry Crunch Bar Milk	Closed	Salisbury Steak Brown Gravy Colcannon Potatoes Cabbage and Carrots Oat Bran Wheat Roll Orange Whip
23	24 Taco Tuesday Special	25	26	27
Herbed Chicken Patty Poultry Gravy Oven Roasted Potatoes California Vegetable Seven Grain Bread Pineapple Tidbits	Beef Taco w/Cheese Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie	Roast Pork Apple Chutney Sauce Garlic Whipped Potatoes Glazed Carrots Wheat Berry Bread Pears	Mexican Pasta Bake Green Beans with Red Peppers Spinach Cornmeal Bread Rocky Road Pudding Milk	Shepherd's Pie Mixed Vegetables Broccoli Rye Bran Roll Fresh Banana Milk
30				
<ul> <li>Macaroni &amp; Cheese Parmesan Tomatoes Peas &amp; Carrots Oat Bran Wheat Roll Gelatin with Fruit</li> </ul>	✓denotes vegetarian option New denotes new item	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.	





Senior Meals Program

Inspire Creativity. Boost Health.



extraordinary while supporting your overall well-being! you to experiment with bold, delicious combinations. Transform ordinary dishes into something and creativity to your meals. They not only reduce inflammation and boost immunity but also inspire Eating a nutritious diet does not have to be bland and boring. Spices and herbs bring flavor, health,

### Spot the Difference

them versatile tools for enhancing your meals. flavors and health benefits. While both come from plants, their characteristics and uses vary, making Understanding the difference between herbs and spices can help you make the most of their unique

- Herbs: Green leafy parts of plants, used in fresh or dried form. Examples: Parsley, Basil, Cilantro.
- Spices: Non-leafy parts of the plant (e.g., roots, bark, seeds), used in dried form only. Examples: Cinnamon (bark), Turmeric (root), Ginger (rhizome), Paprika (dried fruit pods)

#### Antioxidant Power

oregano, thyme, sage, rosemary, saffron, and tarragon. and spices with the highest number of antioxidants include cloves, peppermint, allspice, cinnamon, free radicals which reduce the risk of chronic diseases like heart disease, cancer, and diabetes. Herbs Herbs and spices are rich in antioxidants, compounds that protect your cells from damage caused by

## **Functional Benefits**

- Anti-inflammatory: Helps reduce inflammation (e.g., turmeric, ginger, cinnamon)
- Digestive Health: Aids digestion and relieves bloating (e.g., fennel, peppermint).
- Immune Support: Boosts immunity with antibacterial properties (e.g., garlic, oregano)
- Heart Health: Reduces sodium and sugar intake, supporting cardiovascular wellness (e.g., all herbs & spices).

# Sourcing, Storing, and Using Herbs & Spices

- Dry Herbs & Spices: Opt for bulk by filling your own containers to reduce packaging waste. Store after 2-3 years in airtight containers in a cool, dark area. Replace
- Fresh Herbs & Spices: Grow your own or buy in an airtight container. Wash before use local at a farmers market. Keep in the refrigerator
- parts fresh when needed. Conversion: Substitute one-part dried for three
- adding salt; you may not need it at all. Salt Last: Season with herbs and spices before
- early in the cooking process to rehydrate and add Cooking: Typically, add dried herbs and spices fresh later to preserve flavor.

uroes: https://www.ncbi.nlm.nih.gov/books/NBK92763/#:~text=Wihen%20sorted%20bV%20antboxidant%20content,tp%20277%20 0%27610%20g./ https://www.eatright.org/food/food-preparation/herbs-and-spices/get-to-know-jour-spice-rack | doi: 10.3390/antiox6030077



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

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

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

## Josephine County

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

Home delivered meals are also available in Wilderville and Williams

please call Food & Friends at For more information, (541) 955-8839

