





AUGUST

RVCOG FOOD & FRIENDS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>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.</div>	<div>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.</div>		<div> denotes vegetarian option <i>New!</i> denotes new item</div>	<div>1 <i>Around the World</i> <i>New!</i> Gyro Meat (Beef/Lamb) <i>New!</i> Cucumber-Yogurt Sauce Lemon Rice Broccoli & Carrots Tomato, Cucumber, & Feta Salad Seasonal Fresh Fruit</div>
4	5 Birthday Special	6	7	8
<div>Herbed Chicken Patty Scallopini Sauce Oven Roasted Potatoes Peas & Carrots Rye Bran Roll Hermit Bar</div>	<div>Meatloaf Mushroom Gravy Whipped Potatoes Sliced Carrots Onion Bread Chocolate Cake</div>	<div>Breaded Fish Tartar Sauce Italian Vegetables Brussels Sprouts Oat Bran Wheat Roll Golden Fruit Cup</div>	<div>Chicken & Sausage (Pork) Jambalaya Spinach Green Beans w/Red Peppers Wheat Roll Lime Delight</div>	<div>Roast Pork Pork Gravy Delmonico Potatoes California Vegetables Wheat Berry Bread Tapioca Pudding</div>
11	12	13	14	15
<div>Beef Mushroom Patty Garlic Whipped Potatoes Spinach Squash Bread Grace's Choc Bar</div>	<div>Ancho Chicken Fajita Spanish Rice Mixed Vegetables Romaine Iceberg Salad Joy's Applesauce Cookie</div>	<div>Salisbury Steak Brown Gravy Whipped Potatoes Italian Vegetables Cracked Wheat Bread Cranberry Crunch Bar</div>	<div>Tuna Salad Sandwich Shredded Lettuce Kidney Bean Salad Marinated Zucchini Salad Fresh Orange Wheat Bread (2 slices)</div>	<div>BBQ Pork Rib Patty Onion Rings Tater Gems Ranch Beans Hamburger Bun Oreo Fluff</div>
18	19	20 Birthday Special	21	22
<div>Chicken Lo Mein California Vegetables Romaine Iceberg Salad Hot Spiced Peaches</div>	<div>Turkey Pasta Salad over Spinach Romaine Carrot & Mandarin Salad Oat Bran Wheat Roll Seasonal Fruit</div>	<div>Meatloaf Brown Gravy Whipped Potatoes Italian Vegetables Cracked Wheat Bread Carrot Cake</div>	<div>BBQ Diced Chicken Sandwich Ranch Beans Carrots Hamburger Bun Chocolate S'more Pudding</div>	<div>Green Pepper (Beef) Bake Mixed Vegetables Romaine Iceberg Salad Seven Grain Roll Banana Chocolate Bar</div>
25	26 Taco Tuesday Special	27	28	29
<div> Macaroni & Cheese Stewed Tomatoes Peas & Carrots Onion Bread Lemon Blondie</div>	<div>Beef Taco Shredded Cheese Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie Picante Sauce</div>	<div>Spaghetti & Meat Sauce Green Beans w/Onion California Vegetables Garlic Bread Orange Cake</div>	<div>Pasta Primavera Whole Kernel Corn Pineapple Carrot Slaw Rye Bran Roll Peanut Butter Cookie</div>	<div>Roast Pork Chimichurri Sauce Spanish Rice Chuckwagon Corn Cilantro Coleslaw Zucchini Brownie</div>

meal prep

A Guide Towards
Healthy Eating



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- Reduces Food Waste
- Saves Money & Time
- Promotes Healthier Choices
- Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- Check pantry/fridge first
- Make a list or use an app
- Review sales before shopping
- Stock up on spices, condiments, herbs
- Keep staple items on hand

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- Make extra to use later
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- Refrigerate within 2 hours or freeze
- Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- When in doubt, throw it out!

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.

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