



RVCOG FOOD & FRIENDS



SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed	2 Labor Day Special BBQ Hamburger Baked Beans Sliced Carrots Hamburger Bun Joy's Applesauce Cookie	3 Birthday Special Chicken Supreme Diced Red Potatoes Green Beans w/Red Peppers Onion Roll Seasonal Fruit	4 Meatloaf Brown Gravy Whipped Potatoes Cabbage & Carrots Oat Bran Wheat Roll Chocolate Chip Bar	5 Around the World <i>New!</i> Kalua Pork Teriyaki Sauce Jasmine Rice <i>New!</i> Sesame Green Beans Carrot & Mandarin Salad Lemon Cookie
8 Parmesan Chicken Delmonico Potatoes Italian Vegetables Multigrain Roll Zucchini Brownie	9 Beef Spanish Rice Chuckwagon Corn Broccoli & Cauliflower Cornmeal Bread Spiced Peaches	10 Chicken Curry Salad over Spinach Romaine Kidney Bean Salad Seven Grain Roll Pumpkin Bar	11 Homestyle Turkey Patty Poultry Gravy Whipped Potatoes San Francisco Vegetables Wheat Bread Golden Fruit Cup	12 Oktoberfest Special Polish (Pork) Sausage Sauerkraut Cabbage Sliced Carrots Hot Dog Bun German Chocolate Cake
15 ✓ Macaroni & Cheese Parmesan Tomatoes California Vegetables Rye Bran Roll Peanut Butter Cookie	16 Shepherd's Pie Broccoli Green Beans w/Red Peppers French Bread Seasonal Fresh Fruit	17 Birthday Special Meatloaf Brown Gravy Whipped Potatoes Italian Vegetables Oat Bran Wheat Roll Red Devil Beet Cake	18 Jamaican Jerk Chicken Yellow Rice Whole Kernel Corn Brussels Sprouts Pineapple Fluff	19 Roast Pork Creamy Dijon Sauce Delmonico Potatoes Spinach Wheat Berry Bread Cranberry Crunch Bar
22 Herbed Chicken Patty Cordon Bleu (Ham) Sauce Parslied Potatoes Green Beans w/Red Peppers Oat Bran Wheat Roll Cowboy Cookie	23 White Bean Chicken Chili Broccoli & Cauliflower Diced Carrots Cornbread Lime Whip	24 Tuna Pasta Bake Stewed Tomatoes Brussels Sprouts Squash Bread Rice Krispie Bar	25 Salisbury Steak Brown Gravy Lyonnaise Potatoes California Vegetables Rye Bran Roll Lemon Poppy Seed Cake	26 Beef Frito Pie Chuckwagon Corn Fiesta Vegetables Seven Grain Bread Snickerdoodle Bar
29 Chicken Penne Pasta California Vegetables Whole Kernel Corn Oatmeal Roll Mandarin Oranges	30 Taco Tuesday Special Chicken Taco Shredded Cheese Lettuce & Tomato Black Beans Whole Kernel Corn Grace's Choc Bar Flour Tortilla	<p>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.</p> <p>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.</p>		

✓ denotes vegetarian option
New! denotes new item



A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

Sleep-Supporting Foods

Best Food Sources	Beneficial Compound
Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds	Antioxidants
Dairy and dairy alternatives, leafy greens, almonds, tofu	Calcium
Pumpkin seeds, almonds, spinach, bananas, whole grains	Magnesium
Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms oatmeal, legumes, salmon, sardines	Melatonin
Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts	Omega-3 Fatty Acids
Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains	Tryptophan
Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios	Vitamin B6
UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice	Vitamin D

Sleep-Disrupting Foods and Drinks

- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon
Greek yogurt with + walnuts | Kiwi + handful of almonds
Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios

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