



RVCOG FOOD & FRIENDS



OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALLERGEN DISCLAIMER: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.</p>	<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>✓ denotes vegetarian option <i>New!</i> denotes new item</p>	<p>1 Turkey & Kidney Bean Stew Chuckwagon Corn Romaine Iceberg Salad Oatmeal Roll Chocolate Chip Cookie</p>	<p>2 Swedish Meatballs Swedish Sauce Whipped Potatoes Spinach Rye Bran Roll Orange Whip</p>	<p>3 <i>Around the World</i> Chicken Breast w/ Teriyaki Sauce <i>New!</i> Coconut Jasmine Rice Kyoto Vegetables Cabbage Lemon Pudding</p>
<p>6 Scalloped Potatoes w/ Turkey Harvard Beets Sliced Carrots Oat Bran Wheat Roll Cinnamon Applesauce</p>	<p>7 <i>Birthday Special</i> Meatloaf Brown Gravy Garlic Whip Potato Green Beans Whole Wheat Bread Chocolate Cake</p>	<p>8 ✓ Macaroni & Cheese Parmesan Tomatoes Spinach Sunflower Seed Bread Orange Delight</p>	<p>9 Sloppy Joe Ranch Beans California Vegetables Hamburger Bun Cowboy Cookie</p>	<p>10 Coconut Curry Chicken Brown Rice Green Peas w/ Pearl Onions Green Beans w/ Red Peppers Seasonal Fresh Fruit</p>
<p>13 ✓ Cheese & Green Chili Bake Chuckwagon Corn Broccoli Seasonal Fruit</p>	<p>14 Butter Chicken Jasmine Rice Winter Vegetables Ginger Carrots Chocolate Pudding</p>	<p>15 BBQ Smokehouse Chop Baked Beans Mixed Vegetables Hamburger Bun Banana Chocolate Bar</p>	<p>16 Spaghetti & Meat Sauce Italian Vegetables Garden Vegetables Salad Grace's Chocolate Bar Garlic Roll</p>	<p>17 Baked Tilapia Fish Curry Sauce Rice Pilaf Brussels Sprouts Carrot & Mandarin Salad Joy's Applesauce Cookie</p>
<p>20 Chicken w/ Peanut Sauce Brown Rice Stir Fry Vegetables Asian Coleslaw Almond Cookie</p>	<p>21 Beef Spanish Rice Broccoli Fiesta Vegetables Oat Bran Wheat Roll Lemon Cookie</p>	<p>22 <i>Birthday Special</i> Meatloaf w/ Brown Gravy Whipped Potatoes Spinach Multigrain Roll Confetti Cake</p>	<p>23 Chicken Alfredo Bake Green Peas Capri Vegetables Oat Bran Wheat Roll Chocolate Oatmeal Bar Milk</p>	<p>24 Roast Pork w/ Pork Gravy Mashed Spiced Yams Green Beans Squash Bread Mandarin Oranges</p>
<p>27 Chicken Pastina Brussels Sprouts, Corn, & Carrots Green Peas Rye Bran Roll Peaches</p>	<p>28 <i>Taco Tuesday Special</i> Beef Soft Taco Lettuce & Tomato Shredded Cheese Black Beans Fajita Vegetables Flour Tortilla Pineapple Nut Cookie</p>	<p>29 Homestyle Turkey Patty w/ Poultry Gravy Lyonnais Potatoes Spinach Oatmeal Roll Oreo Fluff</p>	<p>30 Western Beef Steak w/ Country Gravy Whipped Potatoes San Francisco Vegetables Squash Bread Fresh Orange</p>	<p>31 <i>Halloween Special</i> Polish Sausage (pork) Sauerkraut & Mustard Baked Beans German Potato Salad Hot Dog Bun Pumpkin Bar</p>

EAT TO BEAT INFLAMMATION

Chronic inflammation may harm your heart, joints, and overall health. Good nutrition and lifestyle choices can help reduce inflammation.

Foods that Fight Inflammation

- **Fruits and Vegetables:** Rich in nutrients that fight inflammation.
 - Fill half your plate with fruits and veggies.
 - Use fresh, frozen, canned (low sodium), or dried (no added sugar).
- **Healthy Fats:** Monounsaturated fats and omega-3 fatty acids may reduce inflammation.
 - Eat fatty fish 2–3 times/week.
 - Use chia, flaxseed, walnuts, or hemp seeds.
 - Cook with olive, avocado, peanut or canola oils.
- **Whole Grains:** Support your immune system and inflammation with fiber rich grains. Choose whole grains like:
 - Oatmeal • Brown rice • Whole wheat bread • Quinoa

Emerging Anti-Inflammatory Foods

Adding these foods to a balanced diet may be beneficial in fighting inflammation.

Dark chocolate (more than 70% cocoa), kefir, kimchi, green tea, matcha, spirulina, black garlic, barberry, turmeric, and ginger.

Foods that Contribute to Inflammation

- **Highly Processed Foods:** Include snacks, sweets, sugary drinks, or some packaged meals.
 - Often high in sugar and saturated fat with low nutritional value.
 - Choose whole ingredients when cooking and making snack choices.
- **Full Fat Dairy & Animal Proteins:** Higher in saturated fat. Choose leaner proteins like:
 - Skinless poultry • Seafood
 - Low-fat dairy • Beans or tofu

Lifestyle Habits That Help

Lifestyle factors also impact chronic inflammation.

- **Sleep:** Aim for 7–9 hours of quality sleep each night.
- **Activity:** Move daily—walk, garden, or stretch for 30–60 minutes.
- **Weight:** Maintaining a healthy weight can help reduce inflammation.

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