



NOVEMBER

RVCOG FOOD & FRIENDS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Pot Pie Biscuit Broccoli Whole Kernel Corn Grace's Chocolate Bar	4 Sweet & Sour Pork Parslied Rice Kyoto Vegetables Asian Coleslaw Lemon Cookie	5 Birthday Special Meatloaf Brown Gravy Whipped Potatoes San Francisco Vegetables Squash Bread Chocolate Cake	6 Chicken Spaghetti Glazed Carrots Italian Vegetables Multigrain Roll Peanut Butter Cookie	7 Around the World Baked Chicken w/ Mole Sauce Spanish Rice Black Beans Cilantro Coleslaw <i>New!</i> Churro
10 Veteran's Day Special Garlic Chicken w/Poultry Gravy Oven Roasted Potatoes Green Beans White Dinner Roll Lemon Blondie	11 Closed	12 Jamaican Jerk Chicken Yellow Rice Green Beans w/Red Peppers Glazed Carrots Lime Delight	13 Ground Beef Stew Broccoli and Cauliflower Whole Kernel Corn Cornbread Fresh Orange	14 <i>New!</i> Pizza Pasta Bake (pork) Broccoli Peas & Carrots Rye Bran Roll Seasonal Fruit
17 Thai Chicken Stir Fry w/Peanut Sauce Brown Rice Green Peas Stir Fry Vegetables Fresh Orange	18 Tuna Pasta Bake Italian Vegetables Stewed Tomatoes Oat Bran Wheat Roll Chocolate Chip Cookie	19 Southern Pork Pasta Broccoli & Carrots Green Beans Cracked Wheat Bread Pumpkin Bar	20 Birthday Special Meatloaf w/ Brown Gravy Whipped Potatoes California Vegetables Wheat Roll Oreo Fluff	21 Chicken Fajita Bowl Broccoli Sliced Carrots Multigrain Roll Mandarin Oranges
24 ✓ Macaroni & Cheese Parmesan Tomatoes Green Peas French Bread Pineapple Tidbits	25 Taco Tuesday Special Breaded Fish Taco Cilantro Coleslaw Pinto Beans Flour Tortilla Lemon Cookie	26 Thanksgiving Special Roasted Turkey w/Poultry Gravy Garlic Whipped Potatoes Green Peas w/Pearl Onions Bread Dressing Baked Pumpkin Custard	27 Closed	28 Closed
		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.
				✓ denotes vegetarian option <i>New!</i> denotes new item



As we age, keeping bones strong becomes more important. Bone loss speeds up—especially for women after menopause—and can lead to fractures and osteoporosis. But there's good news: healthy food, daily movement, and simple habits can help protect your bones at any age.

Bone-Loving Nutrients at a Glance

Nutrient	What it Does	Best Food Sources
Calcium	Builds and maintains bone strength	Milk, yogurt, cheese, leafy greens, tofu, fortified drinks
Vitamin D	Helps the body absorb calcium	Sunlight, fatty fish, eggs, fortified milk
Magnesium	Helps activate vitamin D	Whole grains, nuts, beans, leafy greens
Zinc	Supports bone-building cells	Meat, seeds, whole grains, seafood
Vitamin K2	Helps bind calcium in bones	Cheese, eggs, fermented foods
Protein	Builds and repairs tissue	Eggs, dairy, poultry, fish, beans
Collagen	Gives structure to bones	Bone broth, collagen supplements, protein + vitamin C
Vitamin C	Helps make collagen	Citrus, berries, bell peppers, tomatoes

Habits Your Bones Will Love

- Move daily against gravity – walking, dancing, or climbing stairs all help.
- Strength train 2–3 times/week using light weights or bands.
- Practice balance – try chair yoga, tai chi, or standing heel raises
- Avoid smoking – it weakens your bones.
- Limit alcohol, salt, and caffeine – too much can weaken bones.
- Work with a trainer or physical therapist to stay safe and build strength.

Bone Boosting Nutrition Tips

- ✓ Eat 3 servings of calcium-rich foods each day
- ✓ Include protein with meals (meat, dairy, beans, tofu)
- ✓ Get vitamin D from sunshine or fortified foods
- ✓ Add foods rich in magnesium, zinc, K2, and vitamin C
- ✓ Drink water instead of soda or sugary drinks

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

