

RVCOG FOOD AND FRIENDS

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 & older.</p> <p>Non-seniors must pay full cost of the meal.</p> <p>1% milk served with all meals.</p>	<p>ALLERGEN DISCLAIMER:</p> <p>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>	<p>✓ denotes vegetarian option</p> <p><i>New!</i> denotes new item</p>	<p>1</p> <p>Closed</p>	<p>2 New Year's Day Special</p> <p>Ham with Pineapple Glaze Mashed Spiced Yams Club Spinach White Dinner Roll Confetti Cake</p>
<p>5</p> <p>Herbed Chicken Patty w/Garlic Mushroom Sauce Whipped Potatoes Spinach Oat Bran Wheat Bread Snickerdoodle Bar</p>	<p>6</p> <p>✓ Cheese Omelet w/Cheese Sauce Black Beans Mixed Vegetables Biscuit Lemon Berry Pudding</p>	<p>7 Birthday Special</p> <p>Meatloaf w/Brown Gravy Rosemary Potatoes Green Beans Rye Bran Roll Chocolate Cake</p>	<p>8</p> <p>✓ Macaroni and Cheese Stewed Tomatoes Broccoli and Carrots Sprouted Wheatberry Bread Fresh Fruit</p>	<p>9 Around the World</p> <p>Shoyu Chicken <i>New!</i> Pineapple Brown Rice Kyoto Vegetables Sesame Green Beans Fresh Fruit</p>
<p>12</p> <p>Beef Spanish Rice Green Beans Fiesta Vegetables Pineapple Fluff</p>	<p>13</p> <p>Chicken Penne Pasta Country Cottage Vegetables Kidney Bean Salad Oat Bran Wheat Roll Hot Cinnamon Applesauce</p>	<p>14</p> <p>Szechuan Pork Jasmine Rice Winter Vegetables Cabbage and Carrots Lime Whip</p>	<p>15</p> <p>Chicken Lo Mein Green Peas & Carrots Broccoli Whole Wheat Bread Fresh Fruit</p>	<p>16</p> <p>German Meatballs w/Sauce Lyonnais Potatoes Brussels Sprouts Seven Grain Roll Lemon Blondie</p>
<p>19</p> <p>Closed</p>	<p>20</p> <p>✓ Spicy Southwest Pasta Stewed Tomatoes Black Beans Onion Bread Lime Delight Seasonal Fruit</p>	<p>21 Around the World</p> <p>Chicken w/Ginger Pineapple Sauce Rice California Vegetables Spinach Lemon Poppyseed Cake</p>	<p>22 Birthday Special</p> <p>Meatloaf w/Brown Gravy Garlic Whipped Potatoes Green Beans w/Red Peppers French Bread Grace's Chocolate Birthday Bar</p>	<p>23</p> <p>Parmesan Chicken Whole Grain Garlic Pasta Broccoli Mixed Vegetables Garlic Bread Fresh Fruit</p>
<p>26</p> <p>Coconut Curry Chicken Jasmine Rice Broccoli Herbed Carrots Applesauce Gingerbread</p>	<p>27 Taco Tuesday Special</p> <p>Beef Taco w/Cheese Lettuce & Tomato Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie</p>	<p>28</p> <p>Breaded Fish w/Tartar Sauce Delmonico Potatoes California Vegetables Oatmeal Roll Fresh Fruit</p>	<p>29</p> <p>Bavarian Beef Stew Peas & Carrots Apple Cranberry Coleslaw Seven Grain Roll Hot Cinnamon Applesauce</p>	<p>30</p> <p>Chicken Spaghetti Italian Vegetables Spinach Oat Bran Wheat Roll Hermit Bar</p>

NOURISH TO FLOURISH

IN THE NEW YEAR

NUTRIENTS WORTH ADDING



January 2026
Senior Meals Program

As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women),
30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need?

2,600 mg/day (women),
3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week
or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

*Supplements may help if
sunlight exposure is limited.*

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

Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods,
don't just subtract