



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Teriyaki Meatballs w/Sauce Brown Rice Carrots Broccoli Fresh Fruit	<b>3</b> ✓ Macaroni & Cheese Stewed Tomatoes Kidney Bean Salad Rye Bran Roll Fresh Fruit	<b>4</b> <b>Birthday Special</b> Meatloaf w/Brown Gravy Garlic Whipped Potatoes Green Beans w/Red Peppers Cracked Wheat Bread Chocolate Cake	<b>5</b> Herbed Chicken Patty w/Apple Chutney Sauce Red Diced Potatoes Spinach Squash Bread Grace's Chocolate Bar	<b>6</b> <b>Around the World</b> <i>New!</i> Chicken Gumbo <i>New!</i> Dirty Rice Succotash Country Tomatoes Mandarin Oranges
<b>9</b> Beef Chili w/Beans California Vegetables Peas & Carrots Cornbread Molasses Cookie	<b>10</b> Gyro Meat w/Cucumber Yogurt Sauce Lemon Rice Broccoli Carrots Pineapple Tidbits	<b>11</b> Mozzarella Chicken Bowtie Pasta Italian Vegetables Spinach Garlic French Bread Chocolate Pudding	<b>12</b> Beef Kettle Lasagna Green Peas w/Onions Carrots Onion Bread Fresh Fruit	<b>13</b> <b>Valentines's Day Special</b> Roasted Turkey w/Poultry Gravy Sour Cream & Chive Potatoes Green Beans w/Red Peppers/Onions Sunflower Seed Bread Red Devil Beet Cake
<b>16</b>  <b>Closed</b>	<b>17</b> <b>Mardi Gras Special</b> Chicken and Sausage (Beef/Pork) Jambalaya Whole Kernel Corn Broccoli Cornbread Chocolate Chip Brownie	<b>18</b> Caribbean (Sancocho) Chicken Stew Country Cottage Vegetables Broccoli Ranch Coleslaw Oat Bran Wheat Roll Rice Krispie Bar	<b>19</b> <b>Birthday Special</b> Meatloaf w/Brown Gravy Whipped Potatoes California Vegetables French Bread Hermit Bar	<b>20</b> BBQ Pork Smokehouse Chop Baked Beans Brussels Sprouts Cracked Wheat Bread Chocolate S'more Pudding
<b>23</b> Sweet & Sour Pork Brown Rice Kyoto Vegetables Sesame Coleslaw Fresh Fruit	<b>24</b> <b>Taco Tuesday Special</b> Chicken Taco with Cheese Lettuce and Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie	<b>25</b> Beef Stroganoff w/Rotini Noodles Green Beans Carrots Wheat Roll Lime Whip	<b>26</b> Chicken Mushroom Bake California Vegetables Brussels Sprouts Seven Grain Roll Grace's Chocolate Bar	<b>27</b> BBQ Diced Chicken Sandwich Baked Beans Tater Tots WG Hamburger Bun Almond Cookie

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:

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.

✓ denotes vegetarian option

*New!* denotes new item

# FINDING BALANCE

HEALTHY FATS FOR A HEALTHY HEART



February 2026  
Senior Meals Program

Dietary fats are essential for our bodies. They provide energy, support cell function, and absorb other critical nutrients. Choosing the right types of fats helps protect your heart and supports long-term wellness.

While all fats have the same number of calories, they have different effects on the body. There are four major types of dietary fats:

## Polyunsaturated fats

- **Omega-3** – Found in flaxseed, chia seeds, walnuts, fatty fish, oils such as canola & soybean.
- **Omega-6** – Found in vegetable oils (corn oil, cottonseed oil, peanut oil), nuts, and seeds.

## Monounsaturated fats

- **Omega-9** – Found in safflower, canola, and sunflower oils, avocados, and nuts.

## Saturated fats

- Found in animal fats (butter, lard), coconut oil (high in sat. fats), and palm oil.
- Can raise LDL ("bad") cholesterol when eaten in excess.
- Coconut Oil – best to use in moderation.

## Trans fats

- Best to avoid entirely.
- Found in some processed or fried foods.
- Increase LDL ("bad") and lower HDL ("good") cholesterol.

## Balancing Omega Fats

Both Omega-3 and Omega-6 fats are essential – our bodies can't make them, so we must get them from food. Omega-6 fats sometimes get a bad reputation, but normal amounts don't cause inflammation. Most people get plenty of Omega-6 and too little Omega-3.

For a healthy heart, add more Omega-3 foods like salmon, tuna, walnuts, chia seeds, and flaxseed. Focus on adding, not cutting back.

## What's the Story Behind Seed Oils?

Seed oils such as canola, sunflower, and soybean are often misunderstood. When used instead of butter or coconut oil, they are a heart-healthy choice. They provide Omega-6 fats your body needs for energy and growth. Use seed oils in cooking just as you would other healthy oils—they are safe, practical, and nutritious.

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