



M A R C H

RVCOG FOOD AND FRIENDS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Homestyle Pork Patty w/Pork Gravy Whipped Potatoes California Vegetables Sunflower Seed Bread Lemon Blondie	3 ✓ Mixed Bean Chili Whole Kernel Corn Broccoli Cornbread Fresh Fruit	4 Salisbury Steak Brown Gravy Garlic Whipped Potatoes Cabbage & Carrots Cracked Wheat Bread Applesauce Gingerbread	5 Farmer's Chicken Stew Herbed Carrots Green Beans Multigrain Roll Chocolate Pudding	6 Around the World Hawaiian Chicken San Francisco Vegetables Carrot & Pineapple Salad Sweet Roll Hot Spiced Fruit
9 Swedish Meatballs with Sauce Colcannon Potatoes Mixed Vegetables Oat Bran Wheat Roll Lime Whip	10 Szechuan Pork w/Garlic Noodles Kyoto Vegetables Spinach Fortune Cookie	11 Chicken Breast Supreme Lyonnaise Potatoes Green Beans Multigrain Roll Pineapple Tidbits	12 Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes Brussels Spouts & Corn Rye Bran Roll Orange Cake	13 Herbed Chicken Patty w/Creole Sauce Whole Grain Garlic Pasta Sliced Carrots Club Spinach Seven Grain Bread Cherry Gelatin w/Whipped Topping
16 Baked Ham w/Raisin Sauce Mashed Spiced Yams California Vegetables French Bread Fresh Fruit	17 St.Patrick's Day Special Corned Beef, Cabbage, & Potatoes Green Beans Whole Kernel Corn Cornmeal Bread Shamrock Cake	18 Sloppy Joe Baked Beans Apple Cranberry Coleslaw WG Hamburger Bun Hot Spiced Fruit	19 Western Beef Steak Country Gravy Diced Red Potatoes Cauliflower and Carrots Rye Bran Roll Orange Whip	20 ✓ Macaroni and Cheese Stewed Tomatoes Broccoli Oat Bran Wheat Roll Rocky Road Pudding
23 Sweet & Sour Pork Brown Rice Green Beans w/Black Bean Sauce Kyoto Vegetables Pineapple Fluff	24 Turkey Tetrizzini Sliced Carrots Broccoli Wheat Roll Chocolate Chip Cookie Joy's Applesauce Cookie	25 Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes Peas & Carrots Sunflower Seed Bread Applesauce Gingerbread	26 Chicken Spanish Rice Fiesta Vegetables Romaine Iceberg Salad Onion Bread Hot Cinnamon Applesauce	27 Country Meatballs w/Country Gravy Whipped Potatoes California Vegetables Sunflower Seed Bread Oreo Fluff
30 Spaghetti & Meat Sauce Spinach Whole Kernel Corn Garlic Bread Grace's Chocolate Bar	31 Taco Tuesday Special Breaded Fish Taco Cilantro Coleslaw Spanish Rice Pinto Beans Flour Tortilla Lemon 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: 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 New! denotes new item				



Good nutrition fuels your energy and helps you feel your best. With so many food trends, it's easy to be unsure about what's right for you. Registered Dietitian Nutritionists (RDs) and Nutrition and Dietetic Technicians, Registered (NDTRs), can guide you with simple, science-based advice to help you eat well and thrive.

Stick to the Nutrition Basics

Decades of research support these simple, powerful habits.

- **Eat more plant-based foods:** fruits, vegetables, whole grains, beans, nuts, and seeds
- **Include lean proteins:** poultry, fish, eggs, tofu, or beans
- **Choose healthy fats:** olive oil, avocado, nuts, and seeds
- **Add more whole grains:** brown rice, quinoa, whole-wheat pasta, and bread
- **Stay hydrated:** choose water first—try fruit- or veggie-infused for flavor
- **Eat mindfully:** slow down, enjoy your food, and notice when you're hungry or full
- **Move your body:** find ways to be active every day

Navigate through the Noise

Every day, we are overwhelmed with new diet trends, influencer advice, and "miracle" foods. It's easy to feel unsure about what's true, but science gives us clear, consistent guidance for lifelong health.

Watch Out for Red Flags



If something sounds too good to be true, it probably is. Be cautious of nutrition claims that:

- Promise quick fixes or miracle results
- Use fear to get attention
- Rely on influencers instead of experts
- Tell you to cut out entire food groups (unless needed for medical reasons)
- Don't come from credible sources like the CDC, NIH, or peer-reviewed studies

Before You Try a Trend, Ask Yourself



- **What's the evidence?** Look for information backed by multiple research studies—not just social media or one new headline.
- **Who's giving the advice?** RDs and recognized health organizations use solid science to give practical, realistic guidance.
- **Does it promote balance?** Healthy eating isn't about extremes—it's about variety, moderation, and enjoyment.

March 2026 Senior Meals Program

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.

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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