



# RVCOG FOOD AND FRIENDS

# May

| MONDAY   |  | TUESDAY  |  | WEDNESDAY  |  | THURSDAY   |  | FRIDAY   |  |
|--|--|--|--|--|--|--|--|--|--|
| <p><b>ALLERGEN DISCLAIMER:</b><br/>Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free. Please inform a team member if you have a food allergy.</p> |  |  |  | <p>A suggested minimum donation is requested from seniors 60 &amp; older.<br/>Non-seniors must pay full cost of the meal.<br/>1% milk served with all meals.</p> |  | <p><i>New!</i> New Menu Item<br/>Vegetarian Item</p>   |  | <p><b>1 Around the World</b><br/><i>New!</i> Sweet &amp; Sour Meatballs<br/>Confetti Rice<br/>Kyoto Vegetables<br/>Carrot &amp; Pineapple Salad<br/>Fortune Cookie</p> |  |
|  |  |  |  |  |  |  |  | <p><b>4</b><br/>Spaghetti &amp; Meat Sauce<br/>Broccoli &amp; Cauliflower<br/>Carrots<br/>Squash Bread<br/>Hermit Bar</p>  |  |
| <p><b>11</b><br/>Country Meatballs<br/>Country Gravy<br/>Garlic Whipped Potatoes<br/>Green Beans<br/>Oat Bran Wheat Roll<br/>Golden Fruit Cup</p>  |  | <p><b>12</b><br/>Orange Glazed Chicken<br/>Brown Rice<br/>Ginger Carrots<br/>Asian Coleslaw<br/>Lemon Cookie</p>   |  | <p><b>13 Birthday Special</b><br/>Meatloaf<br/>Brown Gravy<br/>Lyonnais Potatoes<br/>Spinach<br/>Seven Grain Bread<br/>Frosted Yellow Cake</p>                   |  | <p><b>14</b><br/>Chicken Caesar Salad<br/>over Spinach Romaine<br/>Beet and Mandarin Salad<br/>White Dinner Roll<br/>Fresh Fruit</p>     |  | <p><b>15</b><br/>BBQ Pork Rib Patty<br/>Baked Beans<br/>Whole Kernel Corn<br/>WG Hamburger Bun<br/>Pears</p>   |  |
| <p><b>18</b><br/>Bavarian (Beef &amp; Pork ) Stew<br/>Cabbage and Carrots<br/>Green Beans with Red Peppers<br/>White Dinner Roll<br/>Orange Delight</p>  |  | <p><b>19 Taco Tuesday Special</b><br/>Chicken Tacos<br/>Lettuce &amp; Tomatoes<br/>Shredded Cheese<br/>Black Beans<br/>Chuckwagon Corn<br/>Flour Tortilla<br/>Pineapple Nut Cookie</p> |  | <p><b>20</b><br/>Chicken &amp; Pork Sausage<br/>Jambalaya<br/>Broccoli<br/>Tossed Salad<br/>Cornbread<br/>Chocolate Chip Cookie</p>                              |  | <p><b>21</b><br/>Beef Rigatoni Bake<br/>Italian Vegetables<br/>Parslied Carrots<br/>Garlic Bread<br/>Cinnamon Applesauce</p>             |  | <p><b>22 Memorial Day Special</b><br/>Hamburger<br/>Campfire Sauce<br/>Baked Beans<br/>Brussels Sprouts<br/>WG Hamburger Bun<br/>Frosted Marble Cake</p>               |  |
| <p><b>25</b><br/><b>Closed</b></p>   |  | <p><b>26 Birthday Special</b><br/>Meatloaf<br/>Brown Gravy<br/>Whipped Potatoes<br/>California Vegetables<br/>Seven Grain Bread<br/>Chocolate Chip Bar</p>                             |  | <p><b>27</b><br/>Kielbasa Sausage<br/>Sauerkraut/Yellow Mustard<br/>Baked Beans<br/>Chuckwagon Corn<br/>Hot Dog Bun<br/>Fresh Fruit</p>                          |  | <p><b>28</b><br/>Garlic Chicken<br/>Poultry Gravy<br/>Delmonico Potatoes<br/>Green Beans<br/>French Bread<br/>Applesauce Gingerbread</p> |  | <p><b>29</b><br/>Turkey Apple Meatballs<br/>Cider Glaze<br/>Oven Roasted Potatoes<br/>Country Cottage Vegetables<br/>Squash Bread<br/>Joy's Applesauce Cookie</p>      |  |

# Mastering Your Macros: The Basics of Balanced Nutrition



Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

## Carbohydrates Your Body's Main Energy Source

**What they do:** Give you energy for daily activities and help your brain and muscles work well.

**Best choices:** Whole grains, fruits, vegetables, beans, and lentils.

### Why they matter for

**seniors:** *Fiber-rich carbs help digestion and support heart health.*

### Recommended amount:

About 45–65% of total calories.

## Protein Supports Muscles & Healing

**What it does:** Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

**Best choices:** Fish, seafood, poultry, lean red meat, eggs, and tofu.

**Senior tip:** *Eating protein evenly throughout the day supports muscle maintenance.*

### Recommended amount:

About 10–35% of total calories.

## Healthy Fats Good for Heart & Brain

**What they do:** Support brain function, protect organs, and help your body absorb vitamins.

**Best choices:** Avocados, nuts, seeds, olive or canola oil, and fatty fish.

**Senior tip:** *Choose unsaturated fats more often; limit saturated and trans fats.*

### Recommended amount:

About 20–35% of total calories.

Eating a variety of foods helps you get the benefits of all three.

Sources: Academy of Nutrition and Dietetics  
ELIOR NORTH AMERICA



## Wellness Newsletter May 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.

## 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

