



# RVCOG FOOD AND FRIENDS

# June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> Chili Macaroni Whole Kernel Corn Green Beans with Red Peppers Peanut Butter Bar Rye Bran Roll	<b>2</b> Garden Chicken Mini Salad Caesar Dressing over Spinach Romaine Creamy Cucumber Salad Seven Grain Roll Rice Krispie Bar	<b>3</b> <b>Birthday Special</b> Meatloaf Brown Gravy Lyonnaise Potatoes Broccoli & Cauliflower Cracked Wheat Bread Chocolate Cake	<b>4</b> Turkey A La King Whipped Potatoes California Vegetables Rye Bran Roll Tropical Fruit	<b>5</b> <b>Around the World</b> Baked Chicken Breast <i>New!</i> Mediterranean Sauce Orzo Pasta Broccoli Tomato, Cucumber, & Feta Salad Almond Cookie	
<b>8</b> Homestyle Turkey Patty Poultry Gravy O'Brien Potatoes Mixed Vegetables Cracked Wheat Bread Zucchini Brownie Milk	<b>9</b> Sloppy Joe Ranch Beans Broccoli and Cauliflower WG Hamburger Bun Lemon Bar Milk	<b>10</b> Ancho Chicken Fajita Spanish Rice Chuckwagon Corn Cilantro Coleslaw Pineapple Cookie Milk	<b>11</b> Chef Mini Salad Over Spinach Romaine Pickled Beets Seven Grain Roll Hermit Bar Milk Ranch Dressing	<b>12</b> Salisbury Steak Brown Gravy Colcannon Potatoes Spinach Oat Bran Wheat Roll Orange Whip Milk	
<b>15</b> Chicken Penne Pasta Italian Vegetables Green Beans w/Red Peppers Rye Bran Roll Cranberry Crunch Bar	<b>16</b> <b>Birthday Special</b> Meatloaf Brown Gravy Whipped Potatoes Peas & Carrots Sunflower Seed Bread Chocolate Cake	<b>17</b> Herbed Chicken Patty Poultry Gravy Oven Roasted Potatoes Broccoli and Cauliflower Seven Grain Bread Pineapple Tidbits	<b>18</b> <b>Father's Day Special</b> Gyro Meat Yogurt Cucumber Sauce Orzo Pasta California Vegetables Tomato, Cucumber, & Feta Salad Orange Cake	<b>19</b> <div style="background-color: yellow; text-align: center; padding: 5px;"><b>Closed</b></div>	
<b>22</b> Butter Chicken Jasmine Rice Green Peas Pineapple Slaw Fresh Apple Milk	<b>23</b> Curry Chicken Salad Sandwich Shredded Lettuce Creamy Cucumber Salad Pickled Beets Wheat Bread Joy's Applesauce Cookie Milk	<b>24</b> Roast Pork Apple Chutney Sauce Garlic Whipped Potatoes Glazed Carrots Wheat Berry Bread Pears Milk	<b>25</b> Mexican Chicken Pasta Bake Green Beans with Red Peppers Spinach Cornmeal Bread Rocky Road Pudding Milk	<b>26</b> Spaghetti & Meat Sauce Mixed Vegetables Broccoli Rye Bran Roll Fresh Orange Milk	
<b>29</b> Macaroni & Cheese Parmesan Tomatoes Peas & Carrots Oat Bran Wheat Roll Gelatin with Fruit	<b>30</b> <b>Taco Tuesday Special</b> Beef Taco Shredded Cheese/Picante Sauce Lettuce & Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Cookie	<b>ALLERGEN DISCLAIMER:</b> 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.			<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">           A suggested minimum donation is requested from seniors 60 &amp; older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.         </div> <div style="display: flex; align-items: center;"> <span style="color: red; font-weight: bold; margin-right: 5px;"><i>New!</i></span> <div style="display: flex; align-items: center;"> <div>             New Menu Item              Vegetarian Item           </div> </div> </div>

# EATING WELL ON A BUDGET



## Wellness Newsletter June 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

Eat a nutritious diet and stretch your food dollar with the following money-saving tips.

### Plan Ahead

- Cook from scratch when possible. Cooking at home will yield financial and health benefits.
- Budget wisely! Know how much money you have to spend on food.
- Plan meals around items that are on sale and utilize foods you already have on hand first.
- Make a shopping list and stick to it. Avoid shopping when hungry.

### Waste Nothing

- Store food right away after you shop to keep it fresh and safe.
- If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use.
- Use foods with the earliest expiration date.
- Learn how to use most of the vegetable or fruit—stems and all!
- Eat your leftovers at lunch or create new meals with leftover ingredients.

### Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.