



July

RVCOG FOOD AND FRIENDS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALLERGEN DISCLAIMER: 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 & older. Non-seniors must pay full cost of the meal.</p>			
	<p><i>New!</i>  New Menu Item Vegetarian Item</p>	<p>1 Chicken Breast Chili & Lime Sauce Spanish Rice Green Beans Cilantro Coleslaw Lemon Cookie</p>	<p>2 <i>Independence Day Special</i> Polish (Pork) Sausage Sauerkraut Yellow Mustard Herbed Carrots Ranch Beans Hot Dog Bun Frosted Marble Cake</p>	<p>3 Closed</p>
<p>6 Coconut Curry Chicken Jasmine Rice Sliced Carrots Green Peas Snickerdoodle Bar</p>	<p>7 Sloppy Joe Baked Beans Mixed Vegetables WG Hamburger Bun Lime Whip</p>	<p>8 <i>Birthday Special</i> Meatloaf Brown Gravy Whipped Potatoes California Vegetables Multigrain Roll Chocolate Cake</p>	<p>9 Chicken Caesar Mini Salad Caesar Dressing over Spinach Romaine Creamy Coleslaw Rye Bran Roll Fresh Orange</p>	<p>10 <i>Around the World</i> <i>New!</i> Pork Chili Verde Pinto Beans Chuckwagon Corn Flour Tortilla Lemon Bar</p>
<p>13 Mexican Pasta Bake Whole Kernel Corn Carrot & Pineapple Salad Multigrain Roll Brownie</p>	<p>14 German Meatballs German Meatball Sauce WG Penne Pasta Cucumber & Red Onion Salad Glazed Carrots Peanut Butter Cookie</p>	<p>15 Vegetable Lasagna Spinach Mixed Vegetables Romaine Iceberg Salad Oat Bran Wheat Roll Seasonal Fresh Fruit</p>	<p>16 Homestyle Turkey Patty Poultry Gravy Garlic Whip Potato Green Bean/Red Peppers Rye Bran Roll Tapioca Pudding</p>	<p>17 Chicken Stir Fry Brown Rice Broccoli Asian Coleslaw Almond Cookie</p>
<p>20 Butter Chicken Jasmine Rice Kyoto Vegetables Carrot Mandarin Salad Pineapple Nut Cookie</p>	<p>21  Cheese Omelet Cheese Sauce Oven Roasted Potatoes Spinach Squash Bread Hermit Bar</p>	<p>22 Egg Salad Sandwich Kidney Bean Salad Apple Cranberry Coleslaw Wheat Bread (2 slices) Peaches</p>	<p>23 <i>Birthday Special</i> Meatloaf Brown Gravy Whipped Potatoes Peas & Carrots Onion Bread Grace's Choc Bar</p>	<p>24 Spaghetti & Meat Sauce Italian Vegetables Spinach Romaine Salad Garlic Roll Fresh Orange</p>
<p>27 Chicken Penne Pasta Sliced Carrots Broccoli Garlic Bread Vanilla Pudding</p>	<p>28 <i>Taco Tuesday Special</i> Chicken Taco Shredded Cheese Lettuce & Tomato Black Beans Chuckwagon Corn Flour Tortilla Snickerdoodle Bar</p>	<p>29 Swiss Style Patty Swiss Steak Sauce Whipped Potatoes Mixed Vegetables Oat Bran Wheat Roll Lemon Blondie</p>	<p>30 Roast Pork Apple Chutney Sauce Sweet Potatoes Spinach Seven Grain Bread Orange Whip</p>	<p>31 Gyro Meat (Beef/Lamb) Cucumber-Yogurt Sauce Lemon Rice Broccoli & Carrots Tomato, Cucumber, & Feta Salad Seasonal Fresh Fruit</p>



Wellness Newsletter July 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

Coffee, enjoyed hot or cold and brewed from roasted beans, offers more than just great flavor. It contains several key components:

- **Caffeine:** 80–100 mg per 1 cup (8 fl oz) boosts alertness.
- **Antioxidants:** protect cells from damage and reduce inflammation.
- **Key Nutrients:** offer small amounts of potassium, niacin, and magnesium.
- **Water:** contributes to daily fluid needs.

Potential Health Perks

- Moderate coffee intake has been associated with a lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease.
- May enhance focus, alertness, and coordination.
- Can support physical performance, both aerobic endurance and muscular power

Smart Coffee Habits

- **Limit intake** to 3–4 cups per day (~400 mg caffeine).
- Remember to account for other caffeine sources like tea, soda, and energy drinks.
- **Avoid coffee 6–8 hours before bedtime** to not interfere with sleep quality.



What's in your Cup?

- Choose nonfat, 1% milk, or unsweetened plant-based milk over full fat dairy.
- Skip whipped cream and top with cinnamon or other spices instead.
- Reduce added sugar by choosing unsweetened coffee or opting for half the flavored syrup.
- Watch specialty drinks (mochas, flavored lattes, blended coffees), they can contain meal-level calories with limited nutrition.



Know Your Limit

Coffee can cause unwanted symptoms in some individuals, often when there is too much caffeine consumed.

- Gastrointestinal issues
- Shaking, irritability, increased heart rate or blood pressure
- Headaches, fatigue, or low mood
- Difficulty falling or staying asleep