

# August

## RVCOG FOOD AND FRIENDS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Herbed Chicken Patty Scallopi Sauce Yellow Rice Peas &amp; Carrots Scandinavian Vegetables Hermit Bar</p>	<p><b>4</b></p> <p><b>Birthday Special</b> Meatloaf Mushroom Gravy Whipped Potatoes Sliced Carrots Onion Bread Chocolate Cake</p>	<p><b>5</b></p> <p>Roast Pork Pork Gravy Delmonico Potatoes California Vegetables Wheat Berry Bread Tapioca Pudding</p>	<p><b>6</b></p> <p>Chicken &amp; Sausage (Pork) Jambalaya Spinach Green Beans w/Red Peppers Wheat Roll Lime Delight</p>	<p><b>7</b></p> <p><b>Around the World</b> Baked Tilapia Fish <i>New!</i> Honey Ginger Glaze Coconut Jasmine Rice Kyoto Vegetables Sesame Slaw Mandarin Oranges</p>
<p><b>10</b></p> <p>Beef Mushroom Patty Garlic Whipped Potatoes Spinach Squash Bread Lemon Pudding</p>	<p><b>11</b></p> <p>Ancho Chicken Fajita Spanish Rice Mixed Vegetables Romaine Iceberg Salad Joy's Applesauce Cookie</p>	<p><b>12</b></p> <p>Salisbury Steak Brown Gravy Whipped Potatoes Italian Vegetables Cracked Wheat Bread Cranberry Crunch Bar</p>	<p><b>13</b></p> <p>Tuna Salad Sandwich Wheat Bread (2 slices) Kidney Bean Salad Marinated Zucchini Salad Fresh Orange</p>	<p><b>14</b></p> <p>BBQ Pork Rib Patty Diced Onions Tater Gems Ranch Beans Hamburger Bun Grace's Choc Bar</p>
<p><b>17</b></p> <p>Chicken Lo Mein California Vegetables Pepper Blend Vegetables Spiced Peaches</p>	<p><b>18</b></p> <p>Turkey Club (bacon) Mini Salad over Spinach Romaine Carrot &amp; Mandarin Salad Oat Bran Wheat Roll Seasonal Fruit</p>	<p><b>19</b></p> <p><b>Birthday Special</b> Meatloaf Brown Gravy Whipped Potatoes Italian Vegetables Cracked Wheat Bread Carrot Cake</p>	<p><b>20</b></p> <p>BBQ Diced Chicken Sandwich Ranch Beans Carrots Hamburger Bun Chocolate S'more Pudding</p>	<p><b>21</b></p> <p>Beef Lasagna Bake Mixed Vegetables Romaine Iceberg Salad Banana Chocolate Bar Seven Grain Roll</p>
<p><b>24</b></p> <p>✓ Macaroni &amp; Cheese Stewed Tomatoes Peas &amp; Carrots Onion Bread Cinnamon Applesauce</p>	<p><b>25</b></p> <p><b>Taco Tuesday Special</b> Beef Taco Shredded Cheese Lettuce &amp; Tomatoes Pinto Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie</p>	<p><b>26</b></p> <p>Spaghetti &amp; Meat Sauce Green Beans w/Onion California Vegetables Garlic Bread Orange Cake</p>	<p><b>27</b></p> <p>✓ Pasta Primavera Whole Kernel Corn Pineapple Carrot Slaw Rye Bran Roll Peanut Butter Cookie</p>	<p><b>28</b></p> <p>Roast Pork Chimichurri Sauce Spanish Rice Chuckwagon Corn Cilantro Coleslaw Lemon Blondie</p>
<p><b>31</b></p> <p>Parmesan Chicken Delmonico Potatoes Italian Vegetables Cracked Wheat Bread Blushing Pears</p>	<p>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.</p>	<p><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.</p>		<p><i>New!</i> New Menu Item ✓ Vegetarian Item</p>



# ON-THE-GO NUTRITION

## BALANCED EATING FOR A HECTIC SCHEDULE

Eat well on the go to keep your energy and focus steady. Skipping meals or choosing less nutritious options can leave you feeling tired. A little planning helps you stay energized and support your health.

**Build Balanced Meals** – Include protein, fiber-rich carbs, and healthy fats to stay full, energized, and satisfied.

**Prioritize Whole Foods** – Choose fruits, vegetables, whole grains, lean proteins, nuts, and seeds.

**Watch Portions & Extras** – Restaurant portions can be large and extras add calories. Choose smaller portions, save half, and ask for sauces on the side.

**Plan Ahead** – Keep snacks ready, carry a water bottle, and pack simple options like:

- Salads or grain bowls with protein
- Wraps or sandwiches with lean protein and veggies
- Hard-boiled eggs with whole grain crackers
- Fruit and veggies with hummus or nut butter
- Snack boxes with cheese, nuts, fruit, and crackers
- Overnight oats
- Trail mix



### Smart Grab-and-Go Options

#### Convenience Stores/Gas Stations

- Protein boxes
- Greek yogurt cups
- String cheese
- Fruit, nuts, whole grain bars
- Trail mix
- Tuna packets
- Fresh fruit cups
- Water or flavored seltzer

#### Coffee Shops

- Oatmeal
- Egg bites or breakfast sandwiches on whole grain bread
- Spinach & egg wrap
- Avoid sugary specialty drinks—choose unsweetened or lightly sweetened instead
- Ask for unsweetened milk
- Try adding cinnamon instead of sugar

#### Vending Machines

- Nuts & seed packets
- Low-sugar protein bars
- Popcorn
- Whole grain crackers or pretzels
- Baked chips
- Turkey jerky
- Dried fruit
- Low-fat milk
- 100% Fruit juice



### Wellness Newsletter August 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