



RVCOG FOOD AND FRIENDS

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	1 Southern Pork & Pasta California Vegetables Creamy Coleslaw Squash Roll Snickerdoodle Bar	2 Chicken Supreme Diced Red Potatoes Green Beans w/Red Peppers Onion Roll Fresh Orange	3 Birthday Special Meatloaf Brown Gravy Whipped Potatoes Cabbage/Carrots Oat Bran Wheat Roll Chocolate Chip Bar	4 Around the World <i>New!</i> (Chicken) Pollo a la Creama Cilantro Lime Brown Rice Broccoli Black Bean & Corn Salad Lemon Cookie
7 Closed	8 Labor Day Special Hamburger BBQ Sauce Baked Beans Sliced Carrots Hamburger Bun Joy's Applesauce Cookie	9 Chicken Curry Salad over Spinach Romaine Kidney Bean Salad Seven Grain Roll Pumpkin Bar	10 Homestyle Turkey Patty Poultry Gravy Whipped Potatoes Green Beans Wheat Bread Golden Fruit Cup	11 Oktoberfest Special Polish (Pork) Sausage Sauerkraut San Francisco Vegetables Sliced Carrots Hot Dog Bun German Chocolate Cake
14 Macaroni & Cheese Parmesan Tomatoes California Vegetables Rye Bran Roll Peanut Butter Cookie	15 Turkey Tetrizzini Broccoli Green Beans w/Red Peppers French Bread Seasonal Fresh Fruit	16 Birthday Special Meatloaf Brown Gravy Whipped Potatoes Italian Vegetables Oat Bran Wheat Roll Red Devil Beet Cake	17 Jamaican Jerk Chicken Yellow Rice Whole Kernel Corn Brussels Sprouts Pineapple Fluff	18 Roast Pork Creamy Dijon Sauce Delmonico Potatoes Spinach Wheat Berry Bread Cranberry Crunch Bar
21 Herbed Chicken Patty Cordon Bleu (Ham) Sauce Parslied Potatoes Green Beans w/Red Peppers Oat Bran Wheat Roll Cowboy Cookie	22 White Bean Chicken Chili Broccoli & Cauliflower Diced Carrots Cornbread Lime Whip	23 Tuna Pasta Bake Stewed Tomatoes Brussels Sprouts Squash Bread Rice Krispie Bar	24 Salisbury Steak Brown Gravy Lyonnaise Potatoes California Vegetables Rye Bran Roll Lemon Poppy Seed Cake	25 Beef Frito Pie Chuckwagon Corn Fiesta Vegetables Seven Grain Bread Snickerdoodle Bar
28 Chicken Penne Pasta California Vegetables Whole Kernel Corn Oatmeal Roll Mandarin Oranges	29 Taco Tuesday Special Chicken Taco Shredded Cheese Lettuce & Tomato Black Beans Whole Kernel Corn Grace's Choc Bar Flour Tortilla	30 Turkey & Scalloped Potatoes Peas & Carrots Tossed Salad Oatmeal Roll Chocolate Chip Cookie	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.	<i>New!</i> New Menu Item Vegetarian Item



Wellness Newsletter September 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

Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN	MEN
~25 grams/day	~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1-2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.



Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!

Sources: my.clevelandclinic.org

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