

October

RVCOG FOOD AND FRIENDS



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.	<i>New!</i> New Menu Item  Vegetarian Item	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.		
5 Turkey a la King Whipped Potatoes Sliced Carrots Oat Bran Wheat Roll Cinnamon Applesauce	6 Birthday Special Meatloaf Brown Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Bread Chocolate Cake	7  Macaroni & Cheese Parmesan Tomatoes Spinach Sunflower Seed Bread Orange Delight	1 Swedish Meatballs Swedish Sauce Whipped Potatoes Spinach Rye Bran Roll Orange Whip 8 Sloppy Joe Ranch Beans California Vegetables Hamburger Bun Cowboy Cookie	2 Around the World <i>New!</i> Baked Chicken w/ Tikka Masala Sauce Basmati Rice Peas and Carrots Cucumber and Tomato Salad Lemon Cookie 9 Kalua Pork Teriyaki Sauce Brown Rice Green Peas w/ Pearl Onions Cabbage & Carrots Fresh Apple
12  Cheese & Green Chili Bake Chuckwagon Corn Broccoli Fresh Orange	13 Butter Chicken Jasmine Rice Winter Vegetables Ginger Carrots Lime Whip	14 BBQ Smokehouse Chop Baked Beans Mixed Vegetables Hamburger Bun Banana Chocolate Bar	15 Spaghetti & Meat Sauce Italian Vegetables Romaine Iceberg Salad Grace's Chocolate Bar Garlic Roll	16 Potato Crusted Pollock Fish Tartar Sauce Confetti Rice Garlic Spinach Carrot & Mandarin Salad Joy's Applesauce Cookie
19 Chicken w/Peanut Sauce Brown Rice Stir Fry Vegetables Carrots Almond Cookie	20 Beef Spanish Rice Broccoli Fiesta Vegetables Oat Bran Wheat Roll Lemon Pudding	21 Birthday Special Meatloaf w/ Brown Gravy Whipped Potatoes Green Beans Multigrain Roll Confetti Cake	22 Chicken Alfredo Bake Green Peas California Vegetables Oat Bran Wheat Roll Chocolate Oatmeal Bar	23 Roast Pork w/ Pork Gravy Mashed Spiced Yams Italian Vegetables Squash Bread Mandarin Oranges
26 Chicken Pastina Brussels Sprouts, Corn, and Carrots Green Peas Rye Bran Roll Peaches	27 Taco Tuesday Special Beef Soft Taco Lettuce & Tomato Shredded Cheese Black Beans Fajita Vegetables Flour Tortilla Pineapple Nut Cookie	28 Homestyle Turkey Patty w/ Poultry Gravy Lyonnais Potatoes Spinach Oatmeal Roll Oreo Fluff	29 Western Beef Steak w/ Country Gravy Whipped Potatoes San Francisco Vegetables Squash Bread Fresh Orange	30 Halloween Special Polish Sausage Sauerkraut Baked Beans German Potato Salad Pumpkin Bar Hot Dog Bun



BUILDING BLOCKS FOR LIFE



Wellness Newsletter October 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.

Protein is one of the three macronutrients, along with fats and carbohydrates, that helps your body function properly.

Why is Protein Important?

- Building blocks for bones, muscles, cartilage, skin, and blood
- Produces antibodies to help fight infection
- Creates enzymes and hormones that regulate body functions
- Maintains proper pH and fluid balance
- Stabilizes blood sugar when paired with carbs and fats
- Helps you feel full and satisfied after meals and snacks

How Much Protein Do You Need?

Protein needs vary. Active individuals and older adults often need more protein, while sedentary adults typically need less. If following a plant-based diet, be mindful of meeting your needs.

Good Sources of Protein

ANIMAL

- Fish and seafood
- Meat and poultry
- Eggs
- Milk, yogurt, and cheese

PLANT

- Beans, peas, and lentils
- Nuts, nut butters, seeds
- Soy food, such as tofu, tempeh, and edamame
- Quinoa and other whole grains



Smart Protein Tips

- Start the day with protein-rich breakfast options
- Add protein to snacks
- Prioritize protein after physical activity
- Spread throughout the day instead of eating it all at one meal
- Combine protein with fiber for better fullness

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