



November

RVCOG FOOD AND FRIENDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Pot Pie Biscuit Broccoli Whole Kernel Corn Grace's Chocolate Bar	3 Sweet & Sour Pork Parslied Rice Kyoto Vegetables Asian Coleslaw Lemon Cookie	4 Birthday Special Meatloaf w/ Brown Gravy Whipped Potatoes San Francisco Vegetables Squash Bread Chocolate Cake	5 Chicken Spaghetti Glazed Carrots Italian Vegetables Multigrain Roll Peanut Butter Cookie	6 ✓ New! Around the World Kofta Meatballs Brown Rice Sesame Green Beans Carrot Mandarin Salad Fortune Cookie
9 Ground Beef Stew Broccoli and Cauliflower Whole Kernel Corn Cornbread Fresh Orange	10 Veteran's Day Special Garlic Chicken w/ Poultry Gravy Oven Roasted Potatoes Green Beans White Dinner Roll Lemon Blondie	11 Closed	12 Jamaican Jerk Chicken Yellow Rice Green Bean w/Red Peppers Glazed Carrots Fresh Apple	13 Pizza Pasta Bake (pork) Broccoli Peas & Carrots Rye Bran Roll Lime Delight
16 Mongolian Chicken Brown Rice Green Peas Stiry Fry Vegetables Fresh Orange	17 Tuna Pasta Bake Italian Vegetables Stewed Tomatoes Oat Bran Wheat Roll Chocolate Chip Cookie	18 Southern Pork Pasta Broccoli & Carrots Green Beans Cracked Wheat Bread Pumpkin Bar	19 Birthday Special Meatloaf w/ Brown Gravy Whipped Potatoes California Vegetables Wheat Roll Oreo Fluff	20 Chicken Fajita Bowl Broccoli Sliced Carrots Multigrain Roll Mandarin Oranges
23 ✓ Macaroni & Cheese Parmesan Tomatoes Green Beans French Bread Peaches	24 Taco Tuesday Special Chicken Soft Taco Lettuce & Tomato Shredded Cheese Pinto Beans Chuckwagon Corn Flour Tortilla Sugar Cookie	25 Thanksgiving Special Roasted Turkey w/ Poultry Gravy Garlic Whipped Potatoes Green Peas w/ Pearl Onions Bread Dressing Baked Pumpkin Custard Cranberry Sauce	26 Closed	27 Closed
30 BBQ Smokehouse Chop Diced Onions ✓ Baked Beans California Vegetables WG Hamburger Bun Cinnamon Applesauce	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.	New! 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.	

THE FACTS ON FATS

SATURATED FATS EDITION



Fat is an important nutrient that gives your body energy, helps your brain work, and supports growth and development. Some types of fat are healthier choices than others.

What is Saturated Fat?

Saturated fat is a type of fat found in foods such as butter, cheese, whole milk, fatty meats, and some fried or packaged foods. Eating too much saturated fat over time may not be good for heart health, so it's important to balance these foods with healthier fat choices.

Common Sources of Saturated Fat: butter, whole milk and full-fat dairy products, cheese, ice cream, bacon and sausage, fried foods, some packaged snacks and baked goods, coconut oil.	Healthier Fat Sources (Unsaturated Fat): fish (such as salmon, tuna, and trout), avocados, nuts and seeds, oils (such as olive, canola, sunflower and soybean).
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Dietary Guidelines for Americans
Should not exceed **10%** of total daily calories.

American Heart Association
Aim for less than **6%** of total daily calories from saturated fats.

Tips for a Balanced Diet

-  **Choose** grilled or baked foods more often, instead of fried foods
-  **Read nutrition labels**—a daily value of **5% or less** is low in sat fat
-  **Try lower-fat** or reduced-fat dairy products
-  **Add more** fruits, vegetables, and whole grains to meals
-  **Practice moderation**—balance is important

The Bottom Line

Saturated fat can be part of a healthy diet when included in moderation but choosing unsaturated fats most often can help support long-term health.

Wellness Newsletter November 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