

## November 2020 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf with Mashed Potatoes Mixed Vegetables Cranberry Juice Fruit Cocktail	3 Lemon Garlic Chicken Baked Potato Green Beans Apple Juice Greek Yogurt	4 Swiss Steak with Mushroom Gravy Egg Noodles Carrots Fruit Punch Mixed Fruit	5 Roasted Pork Loin Mashed Potatoes Cabbage & Carrots Grape Juice Mandarin Oranges	6 Herb Crusted Cod Barley Pilaf Summer Squash Orange Juice Muffin
9 Garden Chili Baked Potato Fruit Punch Peaches	10 Hot Turkey Sandwich & Gravy Mashed Potatoes Brussel Sprouts Cranberry Juice Yogurt	11 <b>CLOSED</b> <b>VETERANS' DAY</b>	12 Spaghetti & Meatballs Spinach Grape Juice Fresh Pear	13 Broccoli Quiche Roasted Red Potatoes Baby Carrots Apple Juice Pudding Vanilla Wafers
16 Fish Sandwich Sweet Potato Fries Cauliflower Apple Juice Apricots	17 Chicken Parmesan with Pasta Broccoli Orange Juice Apple Slices	18 Roasted Turkey with Gravy Mashed Potatoes Asparagus Fruit Punch Pumpkin Mousse	19 Macaroni & Cheese Stewed Tomatoes Grape Juice Fruited Gelatin	20 French Toast Eggs with Spinach Turkey Bacon Hash Brown Potatoes Cranberry Juice Mixed Fruit
23 Cabbage Rolls Mashed Potatoes Mixed Vegetables Cranberry Juice Yogurt	24 Turkey Burger Baked Sweet Potato Mixed Vegetables Grape Juice Applesauce	25 Beef Stew Corn Bread Orange Juice Ricotta Mousse	26 <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>	27 <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>
30 Stuffed Peppers Cheesy Black Beans Broccoli Cranberry Juice Greek Yogurt			Menu subject to change without notice.	Bread and milk served with hot meals.

## November 2020 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Swiss Cheese & Tomato Four Bean Salad Grape Juice Jello	3 Tuna Salad Broccoli Salad Cranberry Juice Mixed Fruit	4 Sliced Ham Tossed Salad Apple Juice Vanilla Wafers	5 Roast Beef Tossed Salad Orange Juice Rice Pudding	6 Turkey & Cheddar Beets Fruit Punch Pineapple
9 Roast Beef Pickled Beets Orange Juice Breakfast Bar	10 Tuna Salad Potato Salad Apple Juice Gingerbread Cookie	11 <b>CLOSED</b> <b>VETERANS' DAY</b>	12 Lower Sodium Ham & Swiss Tossed Salad Fruit Punch Fig Bar	13 Turkey & Swiss Garbanzo Bean Salad Cranberry Juice Graham Goldfish
16 Provolone & Tomato Four Bean Salad Grape Juice Macarons	17 Lower Sodium Ham & Swiss Coleslaw Cranberry Juice Fruit Cup	18 Egg Salad Pea Salad Apple Juice Pears	19 Tuna Salad Tossed Salad Orange Juice Animal Crackers	20 Roast Beef & Cheddar Carrot Salad Fruit Punch Yogurt
23 Lower Sodium Ham & Cheddar Pickled Beets Orange Juice Pineapple	24 Chicken Salad Cucumber & Tomato Salad Fruit Punch Pudding	25 Tuna Salad Broccoli Salad Grape Juice Apple Cinnamon Square	26 <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>	27 <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>
30 Turkey & Cheddar Pickled Beets Orange Juice Shortbread Cookies			Menu subject to change without notice.	Cold dinner meals served with milk.



# Healthy Habits

Prepared for  
Tioga Opportunities, Inc.  
Family Services Department  
November 2020  
*Adapted from Tuft's Health & Nutrition Letter, October 2020*

## Winter Squash is Packed with Health-Promoting Nutrients

Autumn is here, and with it comes a wide variety of versatile winter squash. This seasonal staple can expand the nutritional profile and brighten the appearance of your fall and winter plate—while also tantalizing your palate. Winter squash is neither grown nor harvested in winter, but its lengthy storage time allows us to enjoy it throughout the winter. There are hundreds of varieties of squash, each with a unique size, shape, color, texture, and flavor.

**Nutritious Nosh:** The flesh of winter squash ranges from sunny yellow to deep orange. These colors are indicative of phytochemicals called carotenoids. The carotenoids function as precursors to vision-protecting vitamin A. The phytochemicals lutein and zeaxanthin, found in winter squash as well as other yellow/orange/red vegetables, may help reduce progression of age-related macular degeneration. Winter squash are also sources of vitamins and minerals, including vitamin C, potassium, and magnesium.

Common winter squash, like butternut, acorn, and spaghetti, are readily available. For a change of pace, seek out less well-known varieties—like buttercup, delicata, or Hubbard. The vibrant oranges and yellows brighten a winter's meal, and the flavors combine with both sweet and savory dishes, delivering a hearty, healthy host of nutrients that will not disappoint.

Here are some tips for upping your nutrient intake with winter squash:

**-BRIGHTEN YOUR PLATE.** Vibrant yellow and orange flesh of winter squash are indicative of health-promoting phytochemicals. Frozen varieties are easy to heat in the microwave.

**-EAT FOR YOUR EYES.** Eating winter squash can help you get your daily dose of vision-protecting vitamin A and other carotenoids.

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We applaud your accomplishments and dedication to our community.

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**Tioga Opportunities, Inc.**

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**You may temporarily stop delivery of your meals for a single day or an extended period of time if you:**

- Have an excess amount of food.
- Have an appointment or will not be home for your delivery.
- Are admitted to the hospital.
- Do not like what is being served and wish to cancel your delivery for the day.

**To cancel your meal, call Bobbi Jo Otis, HDM Services Specialist, at 607-687-4120, ext. 321.**