

February 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Cacciatore Pasta Cauliflower Cranberry Juice Fruit	2 Stuffed Peppers Mashed Potatoes Mixed Vegetables Apple Juice Greek Yogurt	3 Baked Manicotti Spinach Fruit Punch Mandarin Oranges	4 Shepherd's Pie Mixed Vegetables Grape Juice Rice Pudding	5 Turkey Sandwich Gravy Mashed Potatoes Asparagus Orange Juice Grapes
8 Sloppy Joe Roasted Potatoes Broccoli Cranberry Juice Mandarin Oranges	9 Spaghetti & Meatballs Green Beans Apple Juice Gelatin Salad	10 Eggs with Broccoli French Toast Turkey Sausage Hash Browns Fruit Punch Mixed Fruit	11 Herb Crusted Chicken Baked Potato Brussel Sprouts Orange Juice Pear	12 Pork Loin Red Potatoes Cabbage & Carrots Grape Juice Sponge Cake/ Cherries
15 CLOSED PRESIDENTS' DAY	16 Tuscan Chicken Pasta Roasted Zucchini Orange Juice Apricots	17 Pulled Pork Sandwich Baked Beans Broccoli Fruit Punch Yogurt Parfait	18 Meatloaf Mashed Potatoes Baby Carrots Grape Juice Apple Slices	19 Fish Sandwich Sweet Potato Wedges Mixed Vegetables Cranberry Juice Muffin
22 Chicken & Biscuits Mashed Potatoes Carrots Cranberry Juice Fruit Cup	23 Spanish Rice Green Beans Grape Juice Pineapple	24 Beef Stew Fruit Punch Peaches	25 Chicken a la King Brown Rice Broccoli Orange Juice Yogurt Parfait	26 Macaroni & Cheese Stewed Tomatoes Apple Juice Vanilla Pudding Wafers & Bananas
			Menu subject to change without notice.	Bread and milk served with hot meals.

February 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swiss Cheese & Tomato Four Bean Salad Grape Juice Jello	2 Roast Beef Broccoli Raisin Salad Cranberry Juice Mixed Fruit	3 Egg Salad Mashed Sweet Potatoes Apple Juice Apricots	4 Chicken Salad Tossed Salad Orange Juice Applesauce	5 Lower-Sodium Ham & Swiss Pea Salad Fruit Punch Fig Bar
8 Turkey & Cheddar Pickled Beets Grape Juice Yogurt	9 Seafood Salad Sweet Potato Salad Orange Juice Ginger Cookie	10 Provolone & Tomato Pesto Pasta Salad Apple Juice Vanilla Wafers	11 Lower-Sodium Ham Salad Potato Salad Cranberry Juice Oatmeal Chip Bar	12 Tuna Salad Tossed Salad Fruit Punch Fruit Cocktail
15 CLOSED PRESIDENTS' DAY	16 Lower-Sodium Ham & Swiss Coleslaw Cranberry Juice Apple Square	17 Egg Salad Cottage Cheese Apple Juice Pears	18 Tuna Salad Tossed Salad Orange Juice Animal Crackers	19 Roast Beef & Cheddar Carrot Salad Fruit Punch Yogurt
22 Turkey & Cheddar Four Bean Salad Orange Juice Shortbread Cookies	23 Chicken Salad Tossed Salad Apple Juice Fig Bar	24 Roast Beef & Cheddar Cottage Cheese Cranberry Juice Mixed Fruit	25 Lower-Sodium Ham Salad Four Bean Salad Fruit Punch Cookie	26 Tuna Salad Garbanzo Bean Salad Grape Juice Mandarin Oranges
			Menu subject to change without notice.	Cold dinner meals served with milk.



Healthy Habits

Prepared for
Tioga Opportunities, Inc.
*Adapted from The Cleveland
Clinic, 2020*

Focus on Healthful Fats, Part II

Fat can be a part of every meal. The type of fat you choose is important. If you recall in Part I of “Focus on Healthful Fats” from January 2021, **healthful fat sources such as fish, walnuts, ground flax seed, avocado, nuts, seeds, and plant-based oils such as olive and canola oil** are all types of healthful fats. We add fats in much smaller servings compared to other nutrients in the diet such as protein and carbohydrates. Here are some practical tips for adding more healthful fats to your diet on a daily basis.

Sneak Healthful Fats into Your Diet with These Daily Meal Tips:

Breakfast Boost - Add **ground flaxseed or chia seeds** to your oatmeal, yogurt, or atop cottage cheese.

Add **avocado slices** (or premade **guacamole**) to sandwiches, salads, or even have as a snack with whole-grain crackers.

Use **extra-virgin olive oil and plant-based oils such as canola, sunflower, safflower, walnut, and peanut oil**. Examples include drizzling olive oil on soups and salads or using canola oil to grease your pan when making scrambled eggs.

Nut butters are a great source of healthful fat and you also get some protein and fiber. Peanut, almond, cashew, and sunflower butter are all healthful choices. Ideally, look for nut butters with only peanuts and salt.

Enjoy healthful fatty fish such as **salmon and tuna**. Both of these can be purchased canned and easily added into salads or used to make salad sandwiches. To reduce the salt in canned varieties, rinse and pat dry.

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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.