

March 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pot Roast Red Potatoes Carrots Cranberry Juice Tropical Fruit	2 Lemon Garlic Chicken Mini Pierogis Mixed Vegetables Fruit Punch Greek Yogurt	3 Ravioli Florentine Cauliflower Orange Juice Grapes	4 Pork Vegetable Stir Fry Grape Juice Tapioca Pudding	5 Garden Chili Baked Potato Asparagus Apple Juice Apricots
8 Ham & Scalloped Potatoes Broccoli Cranberry Juice Mandarin Oranges	9 Spaghetti & Meatballs Green Beans Apple Juice Mixed Fruit	10 Pulled Pork Sandwich Baked Beans Peas & Carrots Fruit Punch Ricotta Mousse	11 Greek Cannellini with Vegetables Cottage Cheese Garden Salad Orange Juice Fresh Pear	12 Herb Crusted Cod Winter Squash Zucchini & Tomato Grape Juice Ambrosia Salad
15 Salisbury Steak with Mushroom Gravy Mashed Potatoes Mixed Vegetables Grape Juice Apple Slices	16 Cabbage Rolls Cheesy Pinto Beans Mixed Vegetables Orange Juice Apricots	17 Chicken Sandwich Sweet Potato Wedges Broccoli Fruit Punch Yogurt Parfait	18 Roasted Turkey with Gravy Mashed Potatoes Baby Carrots Apple Juice Pumpkin Mousse	19 Macaroni & Cheese Stewed Tomatoes Cranberry Juice Fruit
22 Open Roast Beef Sandwich with Gravy Mashed Potatoes Brussel Sprouts Cranberry Juice Pineapple Cup	23 Mushroom Swiss Turkey Burger Baked Beans Green Beans Grape Juice Gelatin Salad	24 French Toast Eggs with Peppers & Onions Hash Browns Fruit Punch Kiwi	25 Chicken & Biscuits Mashed Potatoes Broccoli Orange Juice Vanilla Pudding Banana & Wafers	26 Tuna Noodle Casserole Peas & Onions Apple Juice Pears
29 Turkey Tetrazzini Spinach Cranberry Juice Tropical Fruit	30 Swedish Meatballs Egg Noodles Brussel Sprouts Apple Juice Ginger bread	31 Chicken Sausage Mini Pierogis Asparagus Fruit Punch Greek Yogurt	Menu subject to change without notice.	Bread and milk served with hot meals.

March 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swiss & Tomato Four Bean Salad Grape Juice Gelatin	2 Roast Beef & Cheddar Broccoli Raisin Salad Cranberry Juice Mixed Fruit	3 Egg Salad Mashed Sweet Potatoes Apple Juice Shortbread Cookies	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 Tuna Salad Potato Salad Cranberry Juice Cookie	12 Lower Sodium Ham & Swiss Tossed Salad Fruit Punch Fruit Cocktail
15 Turkey Four Bean Salad Orange Juice Muffin	16 Lower Sodium Ham & Swiss Coleslaw Cranberry Juice Breakfast Bar	17 Egg Salad Cottage Cheese Apple Juice Pears	18 Tuna Salad Tossed Salad Grape 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 Snack Bag	26 Tuna Salad Garbanzo Bean Salad Grape Juice Mandarin Oranges
29 Swiss & Tomato Four Bean Salad Grape Juice Jell-O Cup	30 Chicken Salad Broccoli Raisin Salad Cranberry Juice Mixed Fruit	31 Egg Salad Pea Salad Apple Juice Fig Bar	Menu subject to change without notice.	Cold dinner meals served with milk.



Healthy Habits

Prepared for
Tioga Opportunities, Inc.
*Adapted from The Academy of
Nutrition & Dietetics, 2021*

March is National Nutrition Month!



In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month®. This year's theme, **Personalize Your Plate**, promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long.

Good nutrition is essential for a healthy immune system, which may offer protection from seasonal illness and other health problems. The Academy of Nutrition and Dietetics recommends focusing on food to get the vitamins and minerals your body needs to stay healthy. There is no magic immune-boosting pill or food, but a well-balanced eating plan that includes a variety of nutritious foods from all of the food groups will help give your body the nutrients it needs to support your immune system. Obtaining nutrients primarily through food is ideal, because multivitamin and mineral supplements are not scientifically proven to prevent disease.

Choosing from the food groups below helps support our health every day:

- **Beta carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.
- **Vitamin C** is found in citrus fruits such as oranges and grapefruit, bell peppers, and strawberries or foods fortified with vitamin C.
- **Vitamin D** is found in fatty fish, eggs, and milk and 100 percent juices fortified with vitamin D.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in plant-based sources such as beans, nuts, and seeds.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein** is found in animal sources such as seafood, lean meat, poultry, eggs, and plant-based sources such as nuts, seeds, beans, and legumes.

Look out for additional handouts this month to celebrate National Nutrition Month!

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Department of Aging.**

We applaud your accomplishments
and dedication to our community.

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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.