

## April 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Bread and milk served with hot meals.		1 Ravioli Florentine Mixed Vegetables Grape Juice Mandarin Oranges	2 Herb Crusted Cod Mashed Potatoes Green Beans Orange Juice Sponge Cake with Cherries
5 Baked Manicotti Broccoli Cranberry Juice Tropical Fruit	6 Stuffed Peppers Mashed Potatoes Mixed Vegetables Apple Juice Greek Yogurt	7 Pesto Chicken Barley Baby Carrots Fruit Punch Oatmeal Muffin	8 Beef Stroganoff Egg Noodles Asparagus Grape Juice Tapioca with Strawberries	9 Turkey Burger with Swiss Baked Beans Mixed Vegetables Orange Juice Grapes
12 Spaghetti & Meatballs Green Beans Cranberry Juice Apple Slices	13 Sloppy Joe Baked Beans Broccoli Apple Juice Rainbow Gelatin Salad	14 Roasted Pork Loin Red Potatoes Cabbage & Carrots Fruit Punch Gingerbread	15 Chicken Marsala Brown Rice Brussel Sprouts Orange Juice Cookie	16 Macaroni & Cheese Stewed Tomatoes Grape Juice Fresh Pear
19 Chicken Cacciatore Pasta Cauliflower Cranberry Juice Pineapple	20 Sweet & Sour Pork Brown Rice Mixed Vegetables Grape Juice Rainbow Gelatin Salad	21 Turkey a la King Barley Spinach Fruit Punch Kiwi	22 Roast Beef Mashed Potatoes Broccoli Orange Juice Ambrosia Salad	23 Marinated Chicken Sandwich Red Potatoes Peas & Onions Apple Juice Yogurt Parfait
26 French Toast Scrambled Eggs Turkey Sausage Hash Brown Potatoes Fruit & Orange Juice	27 Spanish Rice Green Beans Grape Juice Pineapple	28 Ham & Scalloped Potatoes Asparagus Fruit Punch Peaches	29 Tuscan Chicken Pasta Carrots Cranberry Juice Yogurt Parfait	30 Swiss Steak & Gravy Mashed Potatoes Brussel Sprouts Apple Juice Pudding & Wafers

## April 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Cold dinner meals served with milk.		1 Tuna Salad Cucumber & Tomato Salad Orange Juice Cookie	2 Lower Sodium Ham & Swiss Tossed Salad Fruit Punch Fresh Pear
5 Roast Beef Pickled Beets Grape Juice Jell-O	6 Swiss & Tomato Broccoli Raisin Salad Cranberry Juice Mixed Fruit	7 Egg Salad Mashed Sweet Potatoes Apple Juice Apricots	8 Chicken Salad Tossed Salad Orange Juice Applesauce	9 Lower Sodium Ham & Swiss Pea Salad Fruit Punch Breakfast Bar
12 Turkey & Cheddar Four Bean Salad Grape Juice Yogurt	13 Seafood Salad Sweet Potato Salad Orange Juice Ginger Cookie	14 Provolone & Tomato Pesto Pasta Salad Apple Juice Fruit	15 Lower Sodium Ham & Swiss Potato Salad Cranberry Juice Fruit Cocktail	16 Tuna Salad Tossed Salad Fruit Punch Pudding
19 Roast Beef & Cheddar Pickled Beets Orange Juice Shortbread Cookies	20 Chicken Salad Tossed Salad Apple Juice Fig Bar	21 Lower Sodium Ham & Swiss Cottage Cheese Cranberry Juice Tropical Fruit	22 Seafood Salad Four Bean Salad Fruit Punch Cheddar Cheese Crackers	23 Tuna Salad Garbanzo Bean Salad Grape Juice Mandarin Oranges
26 Turkey & Cheddar Four Bean Salad Orange Juice Shortbread Cookies	27 Chicken Salad Tossed Salad Apple Juice Sweet Potato Crackers	28 Roast Beef & Cheddar Cottage Cheese Cranberry Juice Tropical Fruit	29 Lower Sodium Ham Salad Sweet Potatoes Fruit Punch Snack Bag	30 Tuna Salad Garbanzo Bean Salad Grape Juice Mandarin Oranges



# Healthy Habits

Prepared for  
**Tioga Opportunities, Inc.**  
*Adapted from The Nutrition  
Source, Harvard T.H. Chan  
School of Public Health, Mar.2021*

## Bananas



There's a bit of confusion surrounding bananas. Some people consider this iconic golden fruit a healthy choice, while others avoid it after seeing it on Internet lists of "5 Worst Foods." Unfavorable claims suggest that bananas cause weight gain and constipation. Despite some negative attention, bananas are nutritious and may even carry the title of the first "superfood," endorsed by the American Medical Association in the early 20th century as a health food for children and a treatment for celiac disease.

Bananas are an excellent source of vitamin B6, fiber, potassium, magnesium, vitamin C, and manganese. One serving, or one medium ripe banana, provides about 110 calories, 0 grams fat, 1 gram protein, 28 grams carbohydrate, 15 grams sugar (naturally occurring), 3 grams fiber, and 450 mg potassium.

### Bananas and Health

**Cardiovascular health.** Bananas are an excellent source of potassium, a vital mineral and electrolyte in the body that carries a small electrical charge. These charges cause nerve cells to send out signals for the heart to beat regularly and muscles to contract. Potassium is also needed to maintain a healthy balance of water in cells, and offsets the effects of excess dietary sodium. An imbalance in the diet of too little potassium and too much sodium can lead to high blood pressure. Bananas, rich in potassium and fiber and low in sodium, are an important component of heart-healthy diets like DASH (Dietary Approaches to Stop Hypertension) that aims for about 4,700 mg dietary potassium daily.

**Digestive health.** Bananas are included in the BRAT diet (an acronym for Bananas, Rice, Applesauce, Toast), a once commonly prescribed regimen for patients with diarrhea or who required a bland, easy-to-digest diet after stomach ailments. Not just easy to eat, bananas can help replenish electrolytes like potassium that are lost with diarrhea or vomiting and contain resistant starch (especially if using cooked less-ripe green bananas) that may support gut healing.

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9 Sheldon Guile Blvd., Owego, NY 13827  
607-687-4120 [www.tiogaopp.org](http://www.tiogaopp.org)

**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.**