

June 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Philly Cheesesteak Baked Beans Mixed Vegetables Apple Juice Mandarin Oranges	2 Turkey a la King Brown Rice Spinach Fruit Punch Greek Yogurt	3 Herb Crusted Chicken Mashed Potatoes Roasted Vegetable Grape Juice Gelatin Salad	4 Spaghetti & Meatballs Mixed Vegetables Cranberry Juice Grapes
7 Ratatouille Pasta Cranberry Juice Rice Pudding	8 Stuffed Peppers Mashed Potatoes Broccoli Apple Juice Fruited Gelatin	9 Roasted Pork Loin Kasha & Cabbage Peas & Carrots Fruit Punch Peach Crisp	10 Tuscan Chicken Pasta Mixed Vegetables Orange Juice Ricotta Mousse	11 Spanish Rice with Black Beans Asparagus Grape Juice Applesauce
14 Greek Cannellini with Vegetables Cranberry Juice Yogurt	15 Chicken Sausage Perogies Zucchini & Tomatoes Grape Juice Pineapple	16 Stuffed Shells Cauliflower Fruit Punch Kiwi	17 Meatloaf Baked Potato Baby Carrots Orange Juice Ambrosia Salad	18 CLOSED JUNETEENTH HOLIDAY
21 Vegetable Frittata Mashed Potatoes Summer Squash Cranberry Juice Apricots	22 Lemon Garlic Chicken Baked Potato Broccoli Grape Juice Muffin	23 Turkey Burger Black Beans Spinach Fruit Punch Cantaloupe & Blueberry Cup	24 Swedish Meatballs Egg Noodles Brussel Sprouts Orange Juice Chocolate Pudding	25 Macaroni & Cheese Stewed Tomatoes Apple Juice Tropical Fruit
28 Salmon Cakes Mashed Potatoes Asparagus Orange Juice Mixed Fruit	29 Barbecue Chicken Baked Beans Peas & Onions Grape Juice Pudding & Wafers	30 Chicken Caprese Pasta Green Beans Cranberry Juice Yogurt Parfait	Menu subject to change without notice.	Bread and milk served with hot meals.

June 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Swiss & Tomato Pickled Beets Cranberry Juice Shortbread Cookies	2 Egg Salad Sweet Potatoes Apple Juice Apricots	3 Lower Sodium Ham & Swiss Tossed Salad Orange Juice Applesauce	4 Chicken Salad Pea Salad Fruit Punch Breakfast Bar
7 Turkey & Cheddar Four Bean Salad Grape Juice Mixed Fruit	8 Seafood Salad Sweet Potato Salad Orange Juice Ginger Cookie	9 Provolone & Tomato Pesto Pasta Salad Apple Juice Fruit	10 Tuna Salad Potato Salad Cranberry Juice Fruit Cocktail	11 Lower Sodium Ham & Swiss Tossed Salad Fruit Punch Pudding
14 Beef & Cheddar Pickled Beets Orange Juice Tropical Fruit	15 Egg Salad Tossed Salad Apple Juice Shortbread Cookies	16 Lower Sodium Ham & Swiss Carrot Salad Cranberry Juice Fig Bar	17 Chicken Salad Garden Cottage Cheese Fruit Punch Cheese Crackers	18 CLOSED JUNETEENTH HOLIDAY
21 Beef & Cheddar Pickled Beets Orange Juice Apple Oatmeal Bar	22 Tuna Salad Tossed Salad Apple Juice Mandarin Oranges	23 Lower Sodium Ham & Swiss Cottage Cheese Cranberry Juice Cookie	24 Turkey Cucumber & Tomato Salad Fruit Punch Cheddar Crackers	25 Egg Salad Broccoli Raisin Salad Grape Juice Yogurt
28 Turkey & Swiss Four Bean Salad Fruit Punch Pudding	29 Tuna Salad Tossed Salad Apple Juice Pears	30 Beef & Cheddar Pea Salad Orange Salad Sweet Potato Crackers	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 and Dietetics, May 2021*

Keeping Your Produce Safe

Most health risks that are linked to produce can be eliminated with proper food preparation such as cleaning produce thoroughly. Below are tips to keep in mind to keep yourself safe from potential food contamination in produce.

Buying

- Ask the supermarket produce manager if there is more produce available if you are not satisfied with the store's selection.
- Buy loose produce rather than packaged for more control over what you select.
- Avoid produce with mold, bruises, or cuts.
- Select only the amount of produce that you will use within a week.
- Purchase produce that is in season when possible.

Storing

- Promptly store produce that needs refrigeration.
- Note that some fresh, whole produce does not need to be refrigerated (such as bananas or potatoes). For other produce, refrigeration may lengthen the shelf life (such as with apples or cucumbers) or prevent rapid spoilage (berries and mushrooms).
- Refrigerate fresh produce within two hours of peeling or cutting.
- Throw away leftover cut produce that is left at room temperature for more than two hours.
- Discard cooked vegetables after three to four days.

Preparing

- Wash all fresh fruits and vegetables with cool tap water immediately before use.
- Clean produce before peeling to prevent dirt and bacteria from passing from the knife onto the fruit or vegetable. Gently rub produce while holding under plain running water; no soap is needed. Scrub firm produce, such as melons or cucumbers, with a clean produce brush.
- Cut away any damaged or bruised areas before preparing or eating. Remove and discard outer leaves of lettuce.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Use two separate cutting boards to avoid cross-contamination. Use one for raw meats and the other for fruits and vegetables. Color-coded cutting boards can help you remember which is which.
- Cook raw sprouts (such as alfalfa, bean, and clover) to reduce the risk of foodborne illness.

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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.