

September 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salisbury Steak with Mushroom Gravy Chive Mashed Potatoes Baby Carrots Pears	2 Roasted Pork Mashed Potatoes Cabbage & Carrots Spiced Applesauce	3 Turkey Burger Potato Salad Cole Slaw Fruit Salad
6 CLOSED LABOR DAY HOLIDAY	7 Pulled Pork Roasted Red Potatoes Asparagus Mandarin Oranges	8 Shepherd's Pie Mixed Vegetables Mango Yogurt Parfait	9 Tuscan Chicken Pasta Italian Green Beans Ricotta Mousse	10 Salmon Burger Peas Cauliflower Fresh Pear
13 Macaroni & Cheese Stewed Tomatoes Pineapple	14 Stuffed Peppers Cheesy Pinto Beans Roasted Squash Vanilla Pudding & Banana	15 Herb Crusted Chicken Barley Asparagus Rainbow Gelatin Salad	16 Roasted Turkey Mashed Potatoes Brussel Sprouts Pear & Cherry Almond Crisp	17 Spaghetti & Meatballs Italian Blend Vegetables Fresh Orange
20 Ravioli Florentine Cauliflower Cranberry Juice Apricots	21 Swiss Mushroom Turkey Burger Baked Sweet Potato Peas & Pearl Onions Gingerbread	22 Quiche Mashed Potatoes Broccoli Peaches	23 Chicken Marsala Brown Rice Spinach Ambrosia salad	24 Philly Cheesesteak Baked Beans Mixed Vegetables Blueberry Muffin
27 Pork Stir Fry Brown Rice Tropical Fruit	28 Chicken Patty Sandwich Baked Beans Apple Cranberry Crisp	29 Chicken Sausage Rigatoni Brussel Sprouts Grapes	30 Shrimp Scampi Roasted Squash Rice Pudding	

September 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.		1 Turkey & Swiss Sandwich Carrot Salad Apple Juice Jello	2 Tuna Salad Cucumber & Tomato Salad Apple Juice Muffin	3 Seafood Salad Tossed Salad Orange Juice Apple Cinnamon Square
6 CLOSED LABOR DAY HOLIDAY	7 Turkey & Cheddar Pickled Beets Cranberry Juice Shortbread Cookies	8 Egg Salad Cucumber & Tomato Salad Orange Juice Apple Slices	9 Tuna Salad Tossed Salad Apple Juice Apricots	10 Ham & Swiss Cheese Adirondack Pea Salad Fruit Punch Blueberry Bar
13 Roast Beef & Cheddar Four Bean Salad Orange Juice Fig Bar	14 Egg Salad Tossed Salad Apple Juice Oatmeal Cookie	15 Ham & Swiss Carrot Salad Cranberry Juice Tropical Fruit	16 Seafood Salad Cottage Cheese Fruit Punch Grapes	17 Chicken Salad Broccoli Raisin Salad Grape Juice Yogurt
20 Roast Beef & Cheddar Pickled Beets Oatmeal Chip Bar	21 Tuna Salad Broccoli Salad Pineapple Tidbits	22 Turkey & Swiss Pesto Pasta Salad Yogurt	23 Egg Salad Cottage Cheese Fruit Cup	24 Chicken Salad Tossed Salad Veggie Crackers
27 Roast Beef & Cheddar Four Bean Salad Snack	28 Tuna Salad Pesto Pasta Salad Yogurt	29 Ham & Swiss Caesar Salad Muffin	30 Egg Salad Cottage Cheese Veggie Crackers	Cold dinner meals served with milk.



Healthy Habits

Prepared for
Tioga Opportunities, Inc.
Adapted from healthline.com

Health Benefits of Apples

Apples are one of the most popular fruits — and for good reason. They are an exceptionally healthful fruit with many research-backed benefits. One medium apple contains only about 95 calories, 4 grams of fiber, and 14% of the daily recommended vitamin C. Apples are also a rich source of polyphenols. Polyphenols are protective compounds available in many plant-based foods that offer many health benefits when we consume them. While nutrition labels do not list these plant compounds, they are likely responsible for many of the health benefits.

Read on for more benefits of adding apples to your diet.

Apples Can Be Helpful for Weight Loss. Apples are high in fiber and water — two qualities that help satisfy hunger.

Healthy Heart. Apple intake has been linked to a lower risk of heart disease. One reason may be that apples contain soluble fiber which is the type of fiber that can help lower your blood cholesterol levels.

Apples Promote Good Gut Bacteria. Apples contain pectin, a type of fiber that acts as a prebiotic. This means it feeds the good bacteria in your gut. The good gut bacteria help protect against obesity, heart disease, and type 2 diabetes.

A Boost for your Immune System. Apples are a good source of vitamin C, which helps strengthen your immune system. Adequate vitamin C is also essential for keeping your skin healthy.

The Bottom Line

Overall research shows benefits in the management of heart disease and type 2 diabetes, and the ability to maintain or achieve a healthful weight when apples are a part of the diet. To get the most out of apples, leave the skin on — it contains half of the fiber and many of the protective health benefits. If apples are difficult to chew, try slicing thinly, adding chopped apple to oats prior to cooking, or simply sautéing apple slices on the stove top in a small amount of butter to soften them. You still get all the nutritious benefits and they taste great, too!

Adapted from Healthline and Harvard Newsletter, 2021.

CDPHP® salutes **Tioga Opportunities**
Department of Aging.

We applaud your accomplishments
and dedication to our community.

www.cdphp.com/medicare



A plan for life.

Capital District Physicians' Health Plan, Inc.



Tioga Opportunities, Inc.

9 Sheldon Guile Blvd., Owego, NY 13827
607-687-4120 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 Carmel Buneo, HDM Services Specialist, at 607-687-4120, ext. 321.