

November 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Vegetable Stir Fry Mandarin Oranges	2 Meatloaf Baked Potato Asparagus Pineapple	3 Chicken & Biscuits Mashed Potatoes Brussel Sprouts Cherry Yogurt	4 Pot Roast Red Potatoes Baby Carrots Pumpkin Bread	5 Shrimp Scampi Broccoli Tropical Fruit
8 Lemon Garlic Chicken Barley Pilaf Brussel Sprouts Chocolate Pudding	9 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt	10 Hot Turkey Sandwich Mashed Potatoes Green Beans Pumpkin Bread	11 CLOSED FOR VETERANS DAY	12 Tuna Noodle Casserole Peas Orange
15 Macaroni & Cheese Stewed Tomatoes Greek Yogurt	16 Ravioli Florentine Mixed Vegetables Ricotta Mousse	17 Beef Stew Corn Bread Rainbow Jello	18 Parmesan Chicken Orzo Asparagus Fresh Pear	19 Roasted Turkey Mashed Potatoes Green Bean Casserole Pumpkin Pie
22 Fish Sandwich Red Potatoes Cole Slaw Tropical Fruit	23 Stuffed Shells Italian Vegetables Apple Cranberry Crisp	24 Chicken a la King Broccoli Ambrosia Salad	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 Spaghetti & Meatballs Green Beans Mandarin Oranges	30 Pulled Pork Sandwich Red Potatoes Mixed Vegetables Applesauce		Menu subject to change without notice.	Bread and milk served with hot meals.

November 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey & Cheddar Four Bean Salad Jello	2 Chicken Salad Pickled Beets Cookies	3 Egg Salad Cucumber Salad Apple Slices	4 Tuna Salad Tossed Salad Apricots	5 Ham & Swiss Cheese Adirondack Pea Salad Blueberry Bar
8 Ham & Swiss Pickled Beets Pineapple	9 Egg Salad Broccoli Salad Oatmeal Cookie	10 Seafood Salad Cottage Cheese Grapes	11 CLOSED FOR VETERANS DAY	12 Roast Beef & Cheddar Potato Salad Cherry Yogurt
15 Roast Beef & Cheddar Pickled Beets Oatmeal Bar	16 Turkey & Swiss Broccoli Salad Peaches	17 Egg Salad Pesto Pasta Salad Peaches	18 Tuna Salad Cottage Cheese Veggie Crackers	19 Ham Salad Tossed Salad Applesauce
22 Roast Beef & Cheddar Four Bean Salad Veggie Crackers	23 Tuna Salad Pesto Pasta Salad Strawberry Yogurt	24 Ham & Swiss Cottage Cheese Muffin	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 Roast Beef & Cheddar Four Bean Salad Rice Pudding	30 Tuna Salad Cottage Cheese Cookie		Menu subject to change without notice.	Cold dinner meals served with milk.



Healthy Habits

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

How Much Protein Should I Eat?

Protein is a nutrient found in many types of foods. It is vital for life. Anytime your body is growing or repairing itself, protein is needed. How much protein you need depends on several factors — including age, sex, health status, and activity level. The body needs a regular supply of protein to make and repair cells. In addition to muscles, other body tissues are primarily made from protein, like organs, hair, and eyes. Protein also helps to fight infection; carry fats, vitamins, and oxygen around the body; build and contract muscles; keep body fluids in balance; and clot blood.

Foods that Contain Protein

Protein can be found in both animal and plant-based foods. Some sources of protein are considered better choices than others due to their influence on heart health. Eating plans that include low-fat dairy products, skinless poultry, fish, beans, lentils, and soy foods such as tofu and tempeh may help improve blood pressure and cholesterol levels. Here are some nutritious protein food options:

Meat, poultry, and eggs: lean cuts of beef, lamb, goat, pork loin, and poultry

Fish and seafood: salmon, tuna, cod, shrimp, mackerel, lobster, catfish, crab

Low-fat or fat-free dairy foods: yogurt, milk, cheese, cottage cheese

Legumes: beans, split peas, lentils, soy

Nuts and seeds: walnuts, almonds, pumpkin seeds, pistachios, cashews, and peanuts

Foods rich in protein may also be high in saturated fat. High intakes of saturated fat may increase risk for heart disease. Limit protein foods that are high in saturated fats, such as breaded and fried protein options, bacon, chorizo sausage, hot dogs, organ meats, processed meats, sausage, spareribs, and whole fat dairy products.

Getting the Right Amount of Protein

Women need a minimum of 46 grams per day and men need a minimum of 56 grams per day. Aside from commonly known protein sources such as meat, poultry, fish, beans, eggs, peanut butter, nuts, and seeds, protein is also available in whole grain foods and dairy products. Most Americans get enough protein overall; however, including fish, beans, and legumes (lentils and split peas) more often in place of other protein foods is important for protein variety. Individuals who have certain medical conditions may need more protein. Talk with your registered dietitian if you need guidance on how much protein you need.

Adapted from Academy of Nutrition and Dietetics, 2020.

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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 Carmel Buneo, HDM Services Specialist, at 607-687-4120, ext. 321.