

October 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Bread and milk served with hot meals.			1 Beef Lentil Stew Corn Bread Fruit
4 Garden Chili Baked Potato Mandarin Oranges	5 Sloppy Joe Sandwich Baked Beans Asparagus Pineapple	6 Chicken Cacciatore Mixed Vegetables Yogurt Parfait	7 Turkey Meatloaf Baked Potato Brussel Sprouts Pumpkin Bread	8 Scrambled Egg Turkey Sausage Pancakes Tropical Fruit
11 CLOSED FOR COLUMBUS DAY HOLIDAY	12 Cabbage Roll Mashed Potatoes Mixed Vegetables Greek Yogurt	13 Chicken Ratatouille Quinoa Pumpkin Mousse	14 Beef Stroganoff Brussel Sprouts Vanilla Pudding	15 Tuna Noodle Casserole Peas & Carrots Fresh Orange
18 Spanish Rice Zucchini Apricots	19 Pulled Pork Sandwich Peas & Onions Gingerbread	20 Turkey a la King Brown Rice Spinach Peaches	21 Lemon Garlic Chicken Barley Pilaf Asparagus Ricotta Mousse	22 Spaghetti & Meatballs Cauliflower Pumpkin Muffin
25 Macaroni & Cheese Stewed Tomatoes Tropical Fruit	26 Chicken Sausage with Peppers & Onions Baked Beans Broccoli Apple Crisp	27 Swedish Meatballs Brussel Sprouts Grapes	28 Parmesan Crusted Chicken Orzo Mixed Vegetables Rice Pudding	29 Baked Fish Scandia Sweet Potato Green Beans Ambrosia Salad

October 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Cold dinner meals served with milk.			1 Seafood Salad Broccoli Salad Yogurt
4 Turkey & Cheddar Sandwich Four Bean Salad Jello	5 Chicken Salad Pickled Beets Cookie	6 Egg Salad Sandwich Cucumber & Tomato Salad Apple Slices	7 Tuna Salad Sandwich Tossed Salad Apricots	8 Ham & Cheese Sandwich Pea Salad Blueberry Bar
11 CLOSED FOR COLUMBUS DAY HOLIDAY	12 Egg Salad Four Bean Salad Fig Bar	13 Ham & Swiss Carrot Salad Tropical Fruit	14 Seafood Salad Garden Cottage Cheese Grapes	15 Roast Beef & Cheddar Broccoli Salad Vanilla Yogurt
18 Roast Beef & Cheddar Pickled Beets Oatmeal Chip Bar	19 Turkey & Swiss Broccoli Salad Pineapple	20 Egg Salad Pesto Pasta Salad Yogurt	21 Tuna Salad Garden Cottage Cheese Fresh Fruit	22 Chicken Salad Tossed Salad Veggie Crackers
25 Roast Beef & Cheddar Four Bean Salad	26 Tuna Salad Pesto Pasta Salad Yogurt	27 Ham & Swiss Cottage Cheese Muffin	28 Egg Salad Caesar Salad Fruit Cup	29 Turkey Salad Potato Salad Veggie Crackers



Healthy Habits

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

What Is a Whole Grain?

You likely notice with your Home Delivered Meals that we serve a variety of whole grains, such as breads, rolls, pastas, brown rice, quinoa, barley, orzo, and couscous. One of the reasons we do this is because including whole grains can help reduce the risk for heart disease, diabetes, and some cancers. Not only are whole grains a wonderful source of vitamins and minerals, they are also a good source of fiber and aid in preventing and managing constipation, which is a condition many older adults struggle with.

Whole grains contain three parts: the bran, the germ, and the endosperm (refined grains only contain the endosperm). The bran and germ help keep your body healthy, providing vital fiber, fats, and an abundance of vitamins and minerals.

Be a savvy consumer when buying whole grains — words like multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain, and bran don't necessarily indicate a whole-grain food. Color also is not a reliable way to pick a whole-grain product. Sometimes molasses or other added ingredients give a food that nice brown color. Barley, quinoa, oats, brown rice, or whole-grain pastas, breads, and cereals are some whole-grain foods. When reading food labels, look for the words "whole grain" in the ingredient list. Also, choose products high in fiber with fewer added sugars.

There are many tasty whole-grain snack options. Half of a whole-grain pita pocket stuffed with ricotta cheese and Granny Smith apple slices with a dash of cinnamon is a great small bite. Even a one-half cup of oatmeal provides a serving of whole grains and makes a delicious snack.

Try swapping out refined grains and white breads and pastas for whole-grain varieties. To gradually increase your intake of whole grains, you can combine whole-grain foods and refined grain foods until your palate has adjusted to whole grains. Aim to make at least half of a day's grains whole grains.

Adapted from Academy of Nutrition and Dietetics, 2021.

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Department of Aging.

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and dedication to our community.

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Tioga Opportunities, Inc.

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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.