

December 2021 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Bread and milk served with hot meals.	1 Chicken Stir Fry Vanilla Pudding	2 Shrimp Tortellini Broccoli Oat Berry Muffin	3 Roasted Pork Mashed Potatoes Cabbage & Carrots Grapes
6 Garden Chili Baked Potato Mandarin Oranges	7 Chicken Sausage w/ Peppers & Onions Roasted Potatoes Pineapple	8 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Brussel Sprouts Yogurt	9 Ham & Scalloped Potatoes Baby Carrots & Onions Cranberry Muffin	10 Spaghetti & Meatballs Broccoli Tropical Fruit
13 Beef & Lentil Stew Brussel Sprouts Rice Pudding	14 Cabbage Rolls Cheesy Pinto Beans Oregon Blend Yogurt	15 Chicken Cacciatore Mashed Potatoes Green Beans Ricotta Mousse	16 CLOSED FOR STAFF TRAINING	17 Holiday Dinner Lasagna Italian Vegetables Gingerbread
20 Shepherd's Pie Broccoli Yogurt	21 Macaroni & Cheese Stewed Tomatoes Rainbow Jello Salad	22 Herb Crusted Cod Winter Squash Green Beans Pear	23 Chicken & Biscuits Mashed Potatoes Carrots Pound Cake	24 CLOSED FOR HOLIDAY
27 Hot Roast Beef Sandwich Mashed Potatoes Brussel Sprouts	28 Stuffed Shells Italian Vegetables Yogurt Parfait	29 Herb Crusted Chicken Barley Pilaf Root Vegetables Pear Crumble	30 Spanish Rice Cauliflower Apple Sauce	31 Hungarian Goulash Mixed Vegetables Apricots

December 2021 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Bread and milk served with hot meals.	1 Egg Salad Carrot Salad Tropical Fruit	2 Turkey Sandwich Tossed Salad Pears	3 Seafood Salad Cucumber & Tomato Salad Pudding
6 Turkey & Cheddar Pickled Beets Jello	7 Chicken Salad Cucumber Salad Cookies	8 Egg Salad Tossed Salad Apple Slices	9 Tuna Salad Pea Salad Apricots	10 Ham & Swiss Cucumber & Tomato Salad Blueberry Bar
13 Ham & Swiss Four Bean Salad Pineapple	14 Egg Salad Broccoli Salad Oatmeal Cookie	15 Seafood Salad Garden Cottage Cheese Grapes	16 CLOSED FOR STAFF TRAINING	17 Turkey Spinach Salad Banana
20 Roast Beef & Cheddar Pickled Beets	21 Turkey & Swiss Green Bean Salad Veggie Crackers	22 Egg Salad Pesto Salad Yogurt	23 Tuna Salad Cottage Cheese Applesauce	24 CLOSED FOR HOLIDAY
27 Turkey Sandwich Bean Salad Crackers	28 Tuna Salad Pasta Salad Fruit Cocktail	29 Ham & Swiss Tossed Salad Fruit Salad	30 Chicken Salad Sweet Potato Salad	31 Cheese & Tomato Bean Salad Muffin



Healthy Habits

Prepared for
Tioga Opportunities, Inc.

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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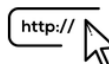
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You may temporarily stop delivery of your meals for a single day or an extended period of time if you:

- 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.