

## January 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>CLOSED FOR NEW YEAR'S DAY HOLIDAY</b>	4 Tuna Noodle Casserole Peas & Carrots Tropical Fruit	5 Herb Crusted Chicken Barley Mixed Vegetables Yogurt Parfait	6 Chicken Sausage Roasted Potatoes Broccoli Cranberry Muffin	7 Stuffed Peppers Spinach Mandarin Oranges
10 Hot Turkey Sandwich Mashed Potatoes Carrots Tapioca Pudding	11 Stuffed Peppers Cheesy Pinto Beans Mixed Vegetables Yogurt	12 Chicken & Biscuits Mashed Potatoes Green Beans Gingerbread	13 Swedish Meatballs Egg Noodles Mixed Vegetables Ambrosia Salad	14 Turkey Burgers Sweet Potato Asparagus Fruit Cocktail
17 <b>CLOSED FOR MARTIN LUTHER KING HOLIDAY</b>	18 Meatloaf Baked Potato Broccoli Peaches	19 Macaroni & Cheese Stewed Tomatoes Pear	20 Parmesan Chicken Orzo Green Beans Pound Cake	21 Sloppy Joe Roasted Potatoes Rainbow Gelatin
24 Garden Chili Baked Potato Tropical Fruit	25 <b>CLOSED FOR STAFF TRAINING</b>	26 Roasted Pork Mashed Potatoes Cabbage & Carrots Apple Crisp	27 Spaghetti & Meatballs Cauliflower Orange	28 Fish Sandwich Mashed Potatoes Cole Slaw
31 Pork Stir Fry Brown Rice			Menu subject to change without notice.	Bread and milk served with hot meals.

## January 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>CLOSED FOR NEW YEAR'S DAY HOLIDAY</b>	4 Chicken Salad Cucumber Salad Cookies	5 Egg Salad Tossed Salad Apple Slices	6 Seafood Salad Pea Salad Apricots	7 Turkey & Cheddar Broccoli Salad Blueberry Bar
10 Ham & Swiss Four Bean Salad Pineapple	11 Egg Salad Broccoli Salad Fruit	12 Tuna Salad Cottage Cheese Grapes	13 Turkey & Swiss Tossed Salad Cookie	14 Roast Beef & Cheddar Potato Salad Yogurt
17 <b>CLOSED FOR MARTIN LUTHER KING HOLIDAY</b>	18 Turkey & Swiss Pickled Beets Veggie Crackers	19 Egg Salad Green Bean Salad Yogurt	20 Roast Beef & Cheddar Cottage Cheese Applesauce	21 Tuna Salad Tossed Salad Oatmeal Bar
24 Turkey & Swiss Four Bean Salad Veggie Crackers	25 <b>CLOSED FOR STAFF TRAINING</b>	26 Cheese & Tomato Sweet Potato Salad Yogurt	27 Chicken Salad Tossed Salad Fig Bar	28 Ham Salad Bean Salad Apricots
31 Turkey & Swiss Pickled Beets Oatmeal Bar			Bread and milk served with hot meals.	Menu subject to change without notice.



# Healthy Habits

Prepared for  
**Tioga Opportunities, Inc.**  
*Adapted from the Academy of  
Nutrition and Dietetics, 2021.*

## Staying Healthy in Older Adulthood

People are living longer, enjoying active lifestyles well into their 80s and 90s. Study after study confirms eating well can make a dramatic difference in the quality of life for older adults. You are never too old to enjoy the benefits of improved nutrition. With nutrient-rich foods, you can usually feel a difference in your energy levels and enjoyment of life. In fact, as we get older, our food choices become even more important to our health.

### Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality, not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count.

Older adulthood is not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a registered dietitian about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

### Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection, and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for older adults. Here are some tips to increase your protein intake.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes, and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili, or salad.
- **Boost Up Your Eggs.** Mix grated, low-fat cheese or extra whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk rather than water to make soup or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups, and mashed potatoes for added protein.

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Department of Aging.**

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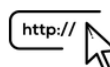
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*Helping People, Changing Lives.*

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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.**