


April 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Tioga Opportunities, Inc.	Hot meals served with milk, juice, and bread.	Menu subject to change without notice.		1 Herb Crusted Cod Sweet Potato Fries Green Beans
4 Herb Crusted Chicken Mashed Potatoes Broccoli Peaches	5 Spanish Rice Zucchini Rainbow Gelatin	6 Sloppy Joe Roasted Potatoes Mixed Vegetables Yogurt Parfait	7 Roasted Turkey Mashed Potatoes Baby Carrots Pear	8 Tuna Noodle Casserole Peas & Carrots Grapes
11 Macaroni & Cheese Stewed Tomatoes Pudding	12 Cabbage Rolls Mashed Potatoes Mixed Vegetables Yogurt	13 Salisbury Steak Mashed Potatoes Brussel Sprouts Ricotta Mousse	14 Parmesan Crusted Chicken Orzo Green Beans Oranges	15 Mediterranean Rotini Cauliflower Fruit Salad
18 Stuffed Shells Italian Vegetables Pineapple	19 Pulled Pork Sandwich Egg Noodles Spinach	20 Beef & Lentil Stew Asparagus Muffin	21 Turkey Meatloaf Sweet Potato Broccoli Yogurt	22 Chicken Sausage Peppers & Onions Perogies Brussel Sprouts
25 Greek Cannellini with Vegetables Apricots	26 Spaghetti & Meatballs Spinach Fruit	27 Tuscan Chicken Pasta Mixed Vegetables Fruit Salad	28 Cheesesteak Sandwich Baked Beans Green Beans Tropical Fruit	29 Pork Teriyaki Brown Rice Asian Vegetables Pudding

April 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cold dinner meals served with milk and juice.				1 Egg Salad Potato Salad Pears
4 Roast Beef Pickled Beets Crackers	5 Tuna Salad Broccoli Salad Cookie	6 Egg Salad Tossed Salad Apple Slices	7 Seafood Salad Pea Salad Apple Slices	8 Turkey Pasta Salad Cottage Cheese & Fruit
11 Roast Beef Bean Salad Pineapple	12 Egg Salad Carrot Salad Fruit Cup	13 Tuna Salad Cottage Cheese Gelatin	14 Ham Salad Tossed Salad Cookie	15 Turkey & Swiss Potato Salad Yogurt
18 Turkey & Cheese Pickled Beets Cookie	19 Seafood Salad Cucumber Salad Crackers	20 Ham & Swiss Bean Salad Apricots	21 Egg Salad Cottage Cheese Fruit Cup	22 Tuna Salad Tossed Salad Breakfast Bar
25 Ham & Swiss Bean Salad Crackers	26 Turkey Salad Cole Slaw Crackers	27 Egg Salad Sweet Potato Salad Yogurt	28 Seafood Salad Tossed Salad Fig Bar	29 Cheese & Tomato Bean Salad Pineapple



Healthy Habits

Prepared for
Tioga Opportunities, Inc.
by Rachel A. Mischler, RD, CDN

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

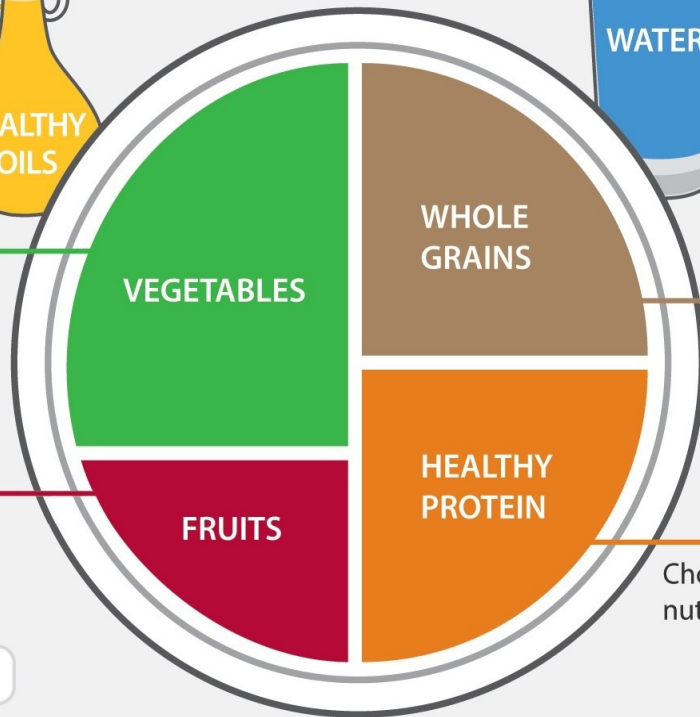


STAY ACTIVE!

© Harvard University

 Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Harvard Health Publications, www.health.harvard.edu.

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.

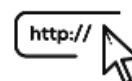


Tioga Opportunities, Inc.

9 Sheldon Guile Blvd., Owego, NY 13827
607-687-4120



Like & Follow Us
[@TiogaOpportunities](https://www.facebook.com/TiogaOpportunities)



Visit Our Website
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.