


## August 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> <p>Sweet &amp; Sour Pork Brown Rice Broccoli Pineapple Cranberry Juice</p>	<p style="text-align: center;">2</p> <p>Stuffed Shells Cauliflower Chef's Choice Dessert Orange Juice</p>	<p style="text-align: center;">3</p> <p>Vegetable Frittata Roasted Potatoes Beets Blueberry Oat Muffin Fruit Punch Juice</p>	<p style="text-align: center;">4</p> <p>Chicken Cacciatore Whole Wheat Penne Mixed Vegetables Mandarin Oranges Grape Juice</p>	<p style="text-align: center;">5</p> <p>Herb Crusted Cod Rice Pilaf Green Beans Grapes Apple Juice</p>
<p style="text-align: center;">8</p> <p>Philly Cheesesteak Sandwich Roasted Potatoes Chef's Choice Vegetables &amp; Dessert Cranberry Juice</p>	<p style="text-align: center;">9</p> <p>Cabbage Rolls Cauliflower Grape Juice Greek Yogurt</p>	<p style="text-align: center;">10</p> <p>Baked Fish Scandia Barley Pilaf Mixed Vegetables Fruit Punch Juice Ricotta Mousse</p>	<p style="text-align: center;">11</p> <p>Pulled Pork Sandwich Perogies Spinach Orange Juice Fresh Peach</p>	<p style="text-align: center;">12</p> <p>Caribbean Chicken Cold Plate Salad Greens Apple Juice Fresh Fruit</p>
<p style="text-align: center;">15</p> <p>Garden Chili Baked Potato Apple Juice Tropical Fruit</p>	<p style="text-align: center;">16</p> <p>Chicken Sausage Quinoa &amp; Rice Roasted Vegetables Grape Juice Chef's Choice Dessert</p>	<p style="text-align: center;">17</p> <p>Turkey a la King Brown Rice Brussels Sprouts Orange Juice Citrus Salad</p>	<p style="text-align: center;">18</p> <p>Swiss Steak Mashed Potatoes Mixed Vegetables Fruit Punch Juice Apple Crisp</p>	<p style="text-align: center;">19</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Cranberry Juice Fresh Peach</p>
<p style="text-align: center;">22</p> <p>Marinated Chicken Baked Potato Zucchini Grape Juice Apricots</p>	<p style="text-align: center;">23</p> <p>Salmon Burger Brown Rice Spinach Fruit Punch Juice Fruit Mix</p>	<p style="text-align: center;">24</p> <p>Meatloaf Mashed Potato Baby Carrots Orange Juice Gelatin Salad</p>	<p style="text-align: center;">25</p> <p>Roasted Pork with Sauerkraut Red Potatoes Chef's Choice Vegetable Apple Juice Oatmeal Cookie</p>	<p style="text-align: center;">26</p> <p style="text-align: center;"><b>CLOSED</b> <b>STAFF TRAINING</b></p>
<p style="text-align: center;">29</p> <p>Ham &amp; Potatoes Au Gratin Yellow Squash Cranberry Juice Fruit Salad</p>	<p style="text-align: center;">30</p> <p>Swiss Mushroom Cheeseburger Baked Beans Green Beans Apple Juice Chef's Choice Dessert</p>	<p style="text-align: center;">31</p> <p>Chicken Florentine Pasta Chef's Choice Vegetable Grape Juice Chocolate Pudding</p>	<p style="text-align: center;"><b>Hot meals served with milk, juice, and bread.</b></p>	<p style="text-align: center;"><b>Menu subject to change without notice.</b></p>

## August 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> <p>Turkey &amp; Cheese Four Bean Salad Grape Juice Animal Crackers</p>	<p style="text-align: center;">2</p> <p>Tuna Salad Chef's Choice Salad Cranberry Juice Chef's Choice Snack</p>	<p style="text-align: center;">3</p> <p>Egg Salad Tossed Salad with Garbanzo Beans Orange Juice Apple Slices</p>	<p style="text-align: center;">4</p> <p>Seafood Salad Adirondack Pea Salad Apple Juice Fig Bar</p>	<p style="text-align: center;">5</p> <p>Roast Beef Pasta &amp; Pesto Salad V-8 Juice Jello</p>
<p style="text-align: center;">8</p> <p>Chef's Choice Sandwich, Salad, &amp; Dessert Grape Juice</p>	<p style="text-align: center;">9</p> <p>Roast Beef Garden Cottage Cheese Cranberry Juice Mandarin Orange</p>	<p style="text-align: center;">10</p> <p>Egg Salad Tossed Salad with Garbanzo Beans Orange Juice Applesauce</p>	<p style="text-align: center;">11</p> <p>Seafood Salad Broccoli Raisin Salad Apple Juice Muffin</p>	<p style="text-align: center;">12</p> <p>Turkey Cucumbers in Sour Cream V-8 Juice Cookie</p>
<p style="text-align: center;">15</p> <p>Ham &amp; Swiss Four Bean Salad Cranberry Juice Rice Pudding</p>	<p style="text-align: center;">16</p> <p>Egg Salad Carrot Raisin Salad Fruit Punch Juice Pineapple</p>	<p style="text-align: center;">17</p> <p>Tuna Salad Garden Cottage Cheese Orange Juice Chef's Choice Dessert</p>	<p style="text-align: center;">18</p> <p>Chicken Salad Tossed Salad with Garbanzo Beans Grape Juice Fruit Cup</p>	<p style="text-align: center;">19</p> <p>Turkey &amp; Provolone Chef's Choice Salad Apple Juice Cherry Vanilla Yogurt</p>
<p style="text-align: center;">22</p> <p>Ham &amp; Swiss Four Bean Salad Orange Juice Teddy Grahams</p>	<p style="text-align: center;">23</p> <p>Turkey Salad Chef's Choice Salad Apple Juice Jello</p>	<p style="text-align: center;">24</p> <p>Provolone Cheese with Tomato Garbanzo Bean Salad Cranberry Juice Yogurt</p>	<p style="text-align: center;">25</p> <p>Seafood Salad Tossed Salad with Garbanzo Beans Grape Juice Chef's Choice Dessert</p>	<p style="text-align: center;">26</p> <p style="text-align: center;"><b>CLOSED</b> <b>STAFF TRAINING</b></p>
<p style="text-align: center;">29</p> <p>Turkey &amp; Swiss Four Bean Salad Orange Juice Cinnamon Graham</p>	<p style="text-align: center;">30</p> <p>Tuna Salad Cucumber-Tomato Grape Juice Salad</p>	<p style="text-align: center;">31</p> <p>Ham &amp; Swiss Tossed Salad with Garbanzo Beans V-8 Juice Pears</p>	<p style="text-align: center;"><b>Cold dinner meals served with milk and juice.</b></p>	 <p style="text-align: center;"><b>Tioga Opportunities, Inc.</b></p>



# Healthy Habits



## Creative Ideas for Adding Yogurt to Your Diet

Perhaps you have yogurt sitting in your refrigerator and are looking for new ways to enjoy it. Maybe your health-care provider has told you to eat yogurt for your gut health or you are newly on an antibiotic. See below for some tips!

1. **Dip it.** Try replacing cream cheese with yogurt for a variety of different fruit-based dips. For a healthier alternative to a typical cream cheese-based fruit dip, stir together 1 cup non-fat Greek yogurt with 1 teaspoon cinnamon and 1 teaspoon vanilla extract. Dip assorted fruits such as peach slices, grapes, berries, and banana.
2. **Sweeten it.** While all yogurt has some natural sugar, take care to choose yogurts that are low in added sugars or have no added sugars. The *Dietary Guidelines for Americans* recommends limiting calories from added sugars to no more than 10% each day, which is equal to 200 calories for a 2,000-calorie diet. Fresh or frozen fruits can flavor yogurt or try using cinnamon or a sugar substitute. Additionally, you can sweeten yogurt using honey or maple syrup, but be mindful that it is considered an added sugar so try adding just a small amount (one-half to a full teaspoon). Surprise yourself and see how little sugar you need to feel satisfied!
3. **Mix it.** Start the morning off right by including yogurt at breakfast. Mix a 6-ounce container of low-fat yogurt with ½ cup sliced berries, a handful of granola, and 2 tablespoons nuts for a quick and satisfying breakfast bowl.
4. **Blend it.** Blend up a calcium-packed snack using this yogurt smoothie recipe: 1 6-ounce container low-fat yogurt, ¾ cup low-fat milk, ½ cup frozen strawberries, ½ banana, ½ teaspoon cinnamon, and ½ teaspoon vanilla extract. Then, mix it all together using a blender. Depending on your tastes, you also can choose nut butters, vegetables, seeds, or other nutritious add-ins such as avocado.
5. **Drink it.** Help to keep your bones strong with homemade yogurt beverages. Make your own by whisking together a 6-ounce container of low-fat, fruit-flavored yogurt and ¼ cup low-fat milk. Pour the mixture into cups and enjoy. If there's too much liquid, add more yogurt; if the mixture is too thick, add more milk or even water to thin.
6. **Spoon it.** Spoon in a delicious topping for your next taco dinner with plain yogurt. Use ½ cup plain low-fat Greek yogurt, 2 teaspoons taco seasoning, and 1 teaspoon lime juice for a fun alternative to sour cream. And that's not all: plain yogurt is a versatile ingredient and often can be substituted for sour cream in recipes. Plain yogurt is delicious as a substitute for sour cream on baked potatoes as well.

*Adapted from resource through Academy of Nutrition and Dietetics, 2022.* Prepared by Rachel A. Mischler, RD, CDN. If you wish to speak to Rachel with any questions or nutritional concerns, please contact her at 607-744-0245.

CDPHP® salutes **Tioga Opportunities**  
**Department of Aging.**

We applaud your accomplishments  
and dedication to our community.

[www.cdphp.com/medicare](http://www.cdphp.com/medicare)



**A plan for life.**

Capital District Physicians' Health Plan, Inc.

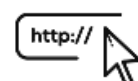


Tioga Opportunities, Inc.

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



Like & Follow Us  
@TiogaOpportunities



Visit Our Website  
[www.tiogaopp.org](http://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.**