

August 2022 Hot Lunch Menu

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

August 2022 Cold Dinner Menu

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

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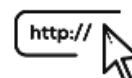
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