

October 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> Pulled Pork Sandwich Baked Beans Spinach Harvest Fruit Blend Cranberry Juice	<p style="text-align: center;">4</p> Cabbage Rolls Mashed Potatoes Mixed Vegetables Greek Yogurt Orange Juice	<p style="text-align: center;">5</p> Salisbury Steak with Mushroom Gravy Egg Noodles Green Beans Peaches Fruit Punch	<p style="text-align: center;">6</p> Sliced Pork Loin with Raspberry Sauce Boiled Red Potatoes Cabbage & Carrots Applesauce Grape Juice	<p style="text-align: center;">7</p> Stuffed Shells Chef's Choice Vegetables Gingerbread Apple Juice
<p style="text-align: center;">10</p> <p style="text-align: center;">CLOSED COLUMBUS DAY</p>	<p style="text-align: center;">11</p> Ravioli Florentine Cauliflower Greek Yogurt Grape Juice	<p style="text-align: center;">12</p> Baked Chicken Butternut Squash Au Gratin Brussel Sprouts Pears Orange Juice	<p style="text-align: center;">13</p> <p style="text-align: center;">CLOSED STAFF TRAINING DAY</p>	<p style="text-align: center;">14</p> Hot Roast Beef Sandwich Mashed Potatoes Broccoli Oatmeal Raisin Cookie Fruit Punch
<p style="text-align: center;">17</p> Pot Roast Boiled Potatoes Carrots & Onions Tropical Fruit Apple Juice	<p style="text-align: center;">18</p> Turkey Chili Brown Rice Zucchini Cornbread Citrus Salad Grape Juice	<p style="text-align: center;">19</p> <p style="text-align: center;">Breakfast for Lunch</p> Frittata Breakfast Biscuit Fruit & Yogurt Parfait Orange Juice	<p style="text-align: center;">20</p> Chicken Sausage Perogies Mixed Vegetables Rice Pudding Fruit Punch	<p style="text-align: center;">21</p> Baked Fish Scandia Butternut Squash Brussel Sprouts Pumpkin Applesauce Muffin Cranberry Juice
<p style="text-align: center;">24</p> Macaroni & Cheese Stewed Tomatoes Fruit Mix Grape Juice	<p style="text-align: center;">25</p> Chicken Burger Sweet Potato Fries Chef's Choice Vegetables Cottage Cheese with Mandarin Oranges Fruit Punch	<p style="text-align: center;">26</p> Pork Stir Fry Brown Rice Rainbow Gelatin Salad Orange Juice	<p style="text-align: center;">27</p> Pork Schnitzel German Potato Salad Roasted Root Vegetables German Chocolate Cake Apple Juice	<p style="text-align: center;">28</p> <p style="text-align: center;">CLOSED STAFF TRAINING DAY</p>
<p style="text-align: center;">31</p> Shepard's Pie Broccoli Pumpkin Bars Apple Juice		<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>	 <p style="text-align: center;">Tioga Opportunities, Inc.</p>

October 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">3</p> Turkey & Cheese Pickled Beets Cookie Grape Juice	<p style="text-align: center;">4</p> Seafood Salad Coleslaw Graham Crackers Fruit Punch	<p style="text-align: center;">5</p> Egg Salad Tossed Salad with Garbanzo Beans Gelatin Apple Juice	<p style="text-align: center;">6</p> Roast Beef & Cheddar Adirondack Pea Salad Yogurt Cranberry Juice	<p style="text-align: center;">7</p> Ham Salad Pasta & Pesto Salad Pineapple Orange Juice
<p style="text-align: center;">10</p> <p style="text-align: center;">CLOSED COLUMBUS DAY</p>	<p style="text-align: center;">11</p> Roast Beef Three Bean Salad Mandarin Oranges Cranberry Juice	<p style="text-align: center;">12</p> Ham Salad Tossed Salad with Garbanzo beans Pudding Fruit Punch	<p style="text-align: center;">13</p> <p style="text-align: center;">CLOSED STAFF TRAINING DAY</p>	<p style="text-align: center;">14</p> Seafood Salad Cucumbers in Sour Cream Applesauce Low Sodium V-8
<p style="text-align: center;">17</p> Lower Sodium Ham & Swiss Four Bean Salad Lorna Doone Cookies Cranberry Juice	<p style="text-align: center;">18</p> Seafood Salad Carrot Raisin Salad Chef's Choice Snack Fruit Punch	<p style="text-align: center;">19</p> Chicken Salad Garden Cottage Cheese Teddy Grahams Orange Juice	<p style="text-align: center;">20</p> Tuna Salad Tossed Salad with Garbanzo Beans Yogurt Grape Juice	<p style="text-align: center;">21</p> Turkey & Provolone Chef's Choice Salad Fruit Mix Apple Juice
<p style="text-align: center;">24</p> Ham & Swiss Pickled Beets Teddy Grahams Orange Juice	<p style="text-align: center;">25</p> Egg Salad Mashed Sweet Potatoes Fruit Mix Apple Juice	<p style="text-align: center;">26</p> Provolone & Tomato Garbanzo Beans Chef's Choice Dessert Cranberry Juice	<p style="text-align: center;">27</p> Turkey Tossed Salad with Garbanzo Beans Pears Grape Juice	<p style="text-align: center;">28</p> <p style="text-align: center;">CLOSED STAFF TRAINING DAY</p>
<p style="text-align: center;">31</p> Turkey & Swiss Four Bean Salad Peaches Cranberry Juice			<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



Understanding Egg Labels

Are you feeling overwhelmed by the numerous choices available in the egg aisle at the supermarket? Today, you can choose between brown and white, free-range and cage-free, organic and non-organic eggs. Read on to “unscramble” the differences.

Brown vs. White Eggs. The color of the eggshell relates to the breed of chicken. Chickens with white feathers and white earlobes typically lay white eggs. In contrast, brown eggs are laid by birds with reddish-brown feathers and red earlobes. Though they tend to cost more, the nutrition you get from eggs with brown shells is the same as that provided by eggs with white shells.

Free-range vs. Cage-free. Free-range and cage-free refer to the type of housing provided to the chickens who laid the eggs. These two terms have specific definitions developed by the United States Department of Agriculture (USDA):

- **Free-range eggs** come from birds that are allowed to roam freely both indoors and outdoors during the egg-laying cycle. The chickens must be allowed to live as naturally as possible.
- **Cage-free eggs** are produced by hens who also roam freely, but these birds typically live in chicken houses. The houses allow the birds space to move both vertically and horizontally.
- **Pasture-raised** is another term that you may see on egg cartons. This term does not have a legal meaning. Producers who advertise pasture-raised eggs say that the chickens who lay these eggs spend most of their time roaming free in the pasture. However, it is not a regulated term.

Organic vs. Non-organic. Requirements developed by the USDA determine if eggs can be labeled as organic. The guidelines require that organic eggs come from chickens that have been fed foods free of pesticides, herbicides, and commercial fertilizers. The hens must also be given access to the outdoors year-round. Guidelines requiring that birds who lay organic eggs are not given hormones or antibiotics are misleading, because these substances are not commonly added to chicken feed.

The Bottom Line. There are no significant differences in the nutrition found in eggs based on their color or farming method. There is a small difference in nutrients based on the size of the eggs (small, medium, large, extra-large, and jumbo):

Calories: 50 to 90 calories

Protein: 6 to 8 grams

Fat: 3.5 to 6 grams

Cholesterol: 140 to 235 milligrams

Sodium: 55 to 90 milligrams

Eggs also contain a small amount of omega-3 fatty acids. Chickens fed foods rich in omega-3 fatty acids lay eggs with a higher amount of omega-3 fatty acids. These eggs are labelled enriched with omega-3 fatty acids.

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



A plan for life.

Capital District Physicians' Health Plan, 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.