



## November 2022 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stuffed Shells Mixed Vegetables Raspberry Cherry Yogurt Apple Juice	2 Chicken & Biscuits Mashed Potatoes Green Beans Pineapple Fruit Punch	3 Vegetable Lasagna Chef's Choice Vegetables Chocolate Pudding Orange Juice	4 Herb Crusted Fish Sweet Potato Brussel Sprouts Apple Crisp Cranberry Juice
7 <b>Meatless Monday</b> Spanish Rice with Black Beans Spinach Corn Muffin Fresh Apple Cranberry Juice	8 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt Orange Juice	9 Roasted Pork Winter Squash Chef's Choice Vegetables Peaches Dragon Fruit Juice	10 <b>Thanksgiving Lunch</b> Turkey Mashed Potatoes Stuffing Green Bean Casserole Pumpkin Pie Cranberry Juice	11 <b>CLOSED VETERANS DAY HOLIDAY</b>
14 Chicken Sausage & White Bean Casserole Orzo Spinach Chef's Choice Fruit Orange Juice	15 Fish Sandwich Sweet Potato Fries Cauliflower Vanilla Pudding Grape Juice	16 <b>Breakfast for Lunch</b> Western Frittata Hash Browns Fresh Pear Pineapple Juice	17 Whole Grain Spaghetti with Meatballs Mixed Vegetables Fruit Mix Cranberry Juice	18 Stuffed Cabbage Mashed Potatoes Chef's Choice Vegetables Apple Cake Fruit Punch
21 <b>Meatless Monday</b> Orecchiette with Butter Beans, Parsley, & Tomatoes Chef's Choice Vegetables Tropical Fruit Apple Juice	22 Chicken Burger Mixed Vegetables Fruit & Yogurt Parfait Grape Juice	23 Swedish Meatballs Egg Noodles Broccoli Tapioca Pudding Fruit Punch	24 <b>CLOSED THANKSGIVING HOLIDAY</b>	25 <b>CLOSED THANKSGIVING HOLIDAY</b>
28 Chicken Cacciatore Penne Pasta Cauliflower Fruit Mix Grape Juice	29 Swiss Mushroom Cheeseburger Roasted Potatoes Chef's Choice Vegetable Pears Fruit Punch	30 Rigatoni & Chicken Sausage Mixed Vegetables Ambrosia Salad Orange Juice	Hot meals served with milk, juice, and bread.  Menu subject to change without notice.	 <b>Tioga Opportunities, Inc.</b>

## November 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Salad V-8 Juice Lorna Doone Cookies Orange Juice	2 Egg Salad Tomato & Cucumber Salad Teddy Grahams Grape Juice	3 Roast Beef Adirondack Pea Salad Fruit Cup Apple Juice	4 Ham Salad Coleslaw Jello Dragon Fruit Juice
7 Turkey & Cheese Pickled Beets Assorted Snack Grape Juice	8 Seafood Salad Macaroni Salad Graham Crackers Fruit Punch	9 Egg Salad Tossed Salad with Garbanzo Beans Pudding Apple Juice	10 Ham & Swiss Adirondack Pea Salad Assorted Fruit Cup Orange Juice	11 <b>CLOSED VETERANS DAY HOLIDAY</b>
14 Turkey & Provolone Pickled Beets Lorna Doone Cookies Dragon Fruit Juice	15 Roast Beef Chef's Choice Salad Applesauce Cranberry Juice	16 Seafood Salad Tossed Salad with Garbanzo Beans Pudding Fruit Punch	17 Chicken Salad Broccoli Raisin Salad Graham Crackers Apple Juice	18 Ham Salad Cucumbers in Sour Cream Assorted Fruit Cup Low Sodium V-8 Juice
21 Ham & Swiss Four Bean Salad Graham Crackers Cranberry Juice	22 Tuna Salad Carrot Raisin Salad Jello Fruit Punch	23 Egg Salad Garden Cottage Cheese Assorted Fruit Cup Orange Juice	24 <b>CLOSED THANKSGIVING HOLIDAY</b>	25 <b>CLOSED THANKSGIVING HOLIDAY</b>
28 Ham & Swiss Green Beans & Dijon Teddy Grahams Orange Juice	29 Egg Salad Cucumber & Tomato Salad Assorted Dessert Apple Juice	30 Roast Beef Garbanzo Bean Salad Pudding Cranberry Juice	Cold dinner meals served with milk and juice.	 <b>Tioga Opportunities, Inc.</b>



# Healthy Habits



## Fall Produce Picks to Add to Your Plate



**Pumpkin.** Pumpkin is full of fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.



**Beets.** Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are a source of naturally occurring nitrates and may help to support healthy blood pressure.



**Kale.** Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snow-storm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only eight calories and is loaded with vitamins A, C, and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers, and pair with something a bit sweet, such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.



**Pears.** Pears are the most delicious in the fall when they are at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they are picked. How do you know when they are ready to eat? Check the neck of the pear. If the fruit near the stem gives to a little pressure, it is ripe. There are a wide range of pear flavors and textures. If you eat the peel, too, one medium pear has six grams of fiber.



**Okra.** Okra commonly is fried, but also is wonderful in other forms. Around the world, chefs cherish the thickening properties of the seed pods in dishes from Louisiana gumbo to Indian curries and other stews. If you wish to minimize the thickening property, try okra briefly stir-fried. Okra is high in vitamins K and C, fiber, and an excellent source of folate.



**Parsnips.** Parsnips share the same root shape with carrots; however, they have white flesh. They are typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of fiber and contains more than 10% of the daily values of vitamin C and folate. Try parsnip roasted, pureed into soup, or mashed.



**Cranberries.** Fall is the time to get to know these tart berries and their wealth of nutritional benefits. They contain a compound called proanthocyanidin which may prevent harmful bacteria from sticking to your bladder wall. Fresh and dried cranberries pair well with a variety of meats and poultry. Fresh cranberries can be eaten raw, but often are cooked. Dried cranberries are delicious in grain and vegetable salads, cereal, and make a healthy snack on the go.

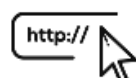
*Adapted from resource through Academy of Nutrition and Dietetics, 2022. Prepared by Rachel A. Mischler, RD, CDN. If you wish to speak to Rachel with any questions or nutritional concerns, please contact her at 607-744-0245.*



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