



## December 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 Pork Chop Mashed Potatoes Mixed Vegetables Chef's Choice Fruit Dragon Fruit Juice	2 Provençal Fish Stew Chef's Choice Vegetables Apple Cranberry Crisp Cranberry Juice
	5 <b>Meatless Monday</b> Mediterranean Pasta Spinach Mandarin Oranges Cranberry Juice	6 Chicken Burger Perogies Mixed Vegetables Greek Yogurt Orange Juice	7 Spanish Rice Chef's Choice Vegetables Fresh Apple Dragon Fruit Juice	8 Vegetable Lasagna Brussel Sprouts Rainbow Gelatin Salad Cranberry Juice
12 Spaghetti & Chicken Meatballs Spinach Pears Fruit Punch	13 Cabbage Roll Mashed Potatoes Cauliflower Vanilla Pudding Grape Juice	14 <b>Breakfast for Lunch</b> French Toast Scrambled Eggs Mixed Vegetables Hash Browns Fruit Parfait Orange Juice	15  <b>CLOSED FOR STAFF TRAINING</b>	16 Macaroni & Cheese Stewed Tomatoes Cookie Apple Juice
19 <b>Meatless Monday</b> Greek Cannellini Beans Orzo Tropical Fruit Apple Juice	20 Salmon Burger Sweet Potato Fries Broccoli Ambrosia Salad Grape Juice	21 Rigatoni & Chicken Sausage Spinach Assorted Fruit Cup Fruit Punch	22 Roast Pork Mashed Potatoes Stuffing Brussel Sprouts Cheesecake with Berry Glaze Cranberry Juice	23  <b>CLOSED FOR STAFF TRAINING</b>
26  <b>CLOSED FOR CHRISTMAS HOLIDAY</b>	27 Swiss Mushroom Cheeseburger Roasted Potatoes Chef's Choice Vegetable & Fruit Fruit Punch	28 Salisbury Steak Mashed Potatoes Baby Carrots Ambrosia Salad Orange Juice	29 Parmesan & Herb Crusted Chicken Barley Mixed Vegetables Fruit Mix Grape Juice	30 Scalloped Potatoes & Ham Green Beans Pear Crumble Cranberry Juice

## December 2022 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Tioga Opportunities, Inc.	Cold dinner meals served with milk and juice.  Menu subject to change without notice.		1 Seafood Salad Pesto & Pasta Salad Graham Cracker Fruit Punch	2 Chicken Salad Potato Salad Fruit Cup Grape Juice
	5 Turkey & Cheese Pickled Beets Assorted Snack Apple Juice	6 Seafood Salad Macaroni Salad Graham Crackers Fruit Punch	7 Egg Salad Tossed Salad with Garbanzo Beans Pudding Grape Juice	8 Ham & Swiss Adirondack Pea Salad Assorted Fruit Cup Orange Juice
12 Turkey & Provolone Four Bean Salad Lorna Doone Cookies Dragon Fruit Juice	13 Roast Beef Sweet Potato Salad Applesauce Cranberry Juice	14 Tuna Salad Tossed Salad with Garbanzo Beans Pudding Fruit Punch	15  <b>CLOSED FOR STAFF TRAINING</b>	16 Chicken Salad Broccoli Raisin Salad Assorted Fruit Cup Apple Juice
19 Ham & Swiss Green Beans with Dijon Graham Crackers Cranberry Juice	20 Chicken Salad Carrot Raisin Salad Jello Fruit Punch	21 Egg Salad Garden Cottage Cheese Assorted Snack Orange Juice	22 Roast Beef Tossed Salad with Garbanzo Beans Assorted Fruit Cup Apple Juice	23  <b>CLOSED FOR STAFF TRAINING</b>
26  <b>CLOSED FOR CHRISTMAS HOLIDAY</b>	27 Ham & Swiss Four Bean Salad Jello Orange Juice	28 Roast Beef Garbanzo Bean Salad Pudding Cranberry Juice	29 Seafood Salad Adirondack Pea Salad Assorted Snack Dragon Fruit Juice	30 Egg Salad Pesto & Pasta Salad Fruit Cup Apple Juice



# Healthy Habits



## Health Benefits of Pomegranates

Pomegranates have been touted for years for their many health benefits. Modern science has found that pomegranates can help protect your heart and may even prevent cancer. A pomegranate is a sweet, tart fruit with thick, red skin. While the skin is not edible, it holds hundreds of juicy seeds that you can eat plain or sprinkle on salads, oatmeal, hummus, and other dishes. Bottled pomegranate juice is also an easy way to enjoy some of the health benefits of this delicious fruit. Pomegranates are in season from November to February.

Pomegranates can have up to three times more antioxidants than green tea or red wine. Antioxidants protect cells from damage, prevent diseases – such as cancer – and reduce inflammation and the effects of aging. Studies have suggested that pomegranates can protect the heart in many ways, including lowering blood pressure and reducing blood sugar levels. Atherosclerosis, the build-up of cholesterol and fats in the arteries, is a common cause of heart disease. Pomegranate juice may help reduce low-density lipoprotein cholesterol, “bad” cholesterol, that clogs arteries. It can also increase high-density lipoprotein cholesterol, “good” cholesterol, which lowers the risk of strokes and heart attacks.

Fresh pomegranate is also a source of fiber, which can promote weight loss, lower cholesterol, and ease constipation.

## How to Prepare Fresh Pomegranate

To prepare fresh pomegranate you need to cut off both ends. You may see the membranes that divide the inside of the fruit. Cut into the skin from top to bottom along these ridges. Next, slice deep enough to cut through the skin and the white membrane without cutting the pomegranate seeds. Hold the pomegranate over a bowl of water and pry it apart with your fingers. Pull the seeds away from the membrane and skin, allowing them to fall into the bowl of water. The membrane will float to the top of the water and the seeds will sink to the bottom. Remove the membrane and throw it away. Drain the water from the seeds.

You can easily incorporate pomegranate into your diet by:

- Adding them to a salad with other fresh fruits and vegetables
- Sprinkle pomegranate seeds on to yogurt with granola to make a parfait
- Use pomegranate seeds or juice to add a kick to your favorite cocktail
- Mix pomegranate juice, rice vinegar, oil, garlic, and white sugar to make a salad dressing
- Or just eat them on their own!

*Adapted from Web MD, 2022.*



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

Like & Follow Us  
@TiogaOpportunities

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



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.

**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.**