



February 2023 Hot Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| | | 1 Meatloaf Baked Potato Baby Carrots Pineapple Orange Juice | 2 Scalloped Potatoes & Ham Chef's Choice Vegetable Chef's Choice Dessert Apple Juice | 3 Parmesan & Herb Crusted Chicken Winter Squash Peas & Pearl Onions Apple Cake Grape Juice |
| 6 Turkey Tetrazzini Chef's Choice Vegetable Fruit Cup Fruit Punch | 7 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Greek Yogurt Orange Juice | 8 Roasted Pork Mashed Potatoes Sauerkraut Fresh Apple Dragon Fruit Juice | 9 Spaghetti & Meatballs Whole Grain Pasta Mixed Vegetables Oranges Cranberry Juice | 10 Chicken Cacciatore Whole Grain Penne Cauliflower Berry Blend Yogurt Apple Juice |
| 13 Hungarian Goulash Mixed Vegetables Pears Fruit Punch | 14 Swiss Mushroom Cheeseburger Mexican Street Corn Chef's Choice Vegetable Vanilla Pudding Grape Juice | 15 Breakfast for Lunch French Toast with Scrambled Eggs & Chef's Choice Vegetable Hash Browns Fruit Parfait Orange Juice | 16 Chicken Patty Sandwich Peas Carrots Peaches Dragon Fruit Juice | 17 Chicken Cacciatore Penne Pasta Cauliflower Chef's Special Homemade Dessert Fruit Punch |
| 20 CLOSED PRESIDENTS DAY | 21 Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt Grape Juice | 22 Breakfast for Lunch French Toast with Scrambled Eggs & Chef's Choice Vegetable Tropical Fruit Orange Juice | 23 Beef Burgundy Egg Noodles Asparagus Ambrosia Salad Cranberry Juice | 24 Meat Lasagna Spinach Gingerbread Apple Juice |
| 27 Chili Brown Rice Cornbread Muffin Tropical Fruit Apple Juice | 28 Turkey Burger Sweet Potato Fries Broccoli Ambrosia Salad Grape Juice | | Hot meals served with milk, juice, and bread. Menu subject to change without notice. |  <p style="text-align: center; font-size: small;">Tioga Opportunities, Inc.</p> |

February 2023 Cold Dinner Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 Turkey & Cheddar Chef's Choice Salad Pudding Cranberry Juice | 2 Egg Salad Tossed Salad with Garbanzo Beans Assorted Snack Grape Juice | 3 Tuna Salad Macaroni or Potato Salad Fruit Cup Dragon Fruit Juice |
| 6 Turkey & Cheese Pickled Beets Yogurt Apple Juice | 7 Chicken Salad Chef's Choice Salad Graham Crackers Fruit Punch | 8 Egg Salad Tossed Salad with Garbanzo Beans Pudding Grape Juice | 9 Ham & Swiss Adirondack Pea Salad Assorted Snack Orange Juice | 10 Tuna Salad Sweet Potato Salad Applesauce Cranberry Juice |
| 13 Turkey & Provolone Four Bean Salad Lorna Doone Cookies Dragon Fruit Juice | 14 Roast Beef Sweet Potato Salad Applesauce Cranberry Juice | 15 Tuna Salad Tossed Salad with Garbanzo Beans Pudding Fruit Punch | 16 Chicken Salad Garbanzo Bean Salad Assorted Snack Orange Juice | 17 Ham Salad Broccoli Raisin Salad Fruit Cup Apple Juice |
| 20 CLOSED PRESIDENTS DAY | 21 Turkey & Cheddar V-8 Juice Fruit Cup Apple Juice | 22 Tuna Salad Garden Cottage Cheese Pudding Dragon Fruit Juice | 23 Ham Tossed Salad with Garbanzo Beans Applesauce Grape Juice | 24 Egg Salad Potato Salad Yogurt Fruit Punch |
| 27 Ham & Swiss Green Beans with Dijon Graham Crackers Cranberry Juice | 28 Roast Beef & Cheddar Garden Cottage Cheese Jello Fruit Punch | | Cold dinner meals served with milk and juice. Menu subject to change without notice. |  <p style="text-align: center; font-size: small;">Tioga Opportunities, Inc.</p> |



Healthy Habits



Dark Chocolate Health Benefits: The surprising boosts of this decadent treat

Let's face it, chocolate is one of life's most decadent treats. No matter how you enjoy it – as a candy bar, in a hot drink, or drizzled over ice cream – chocolate brings joy! Although chocolate is delicious, it's not always nutritious – or even real chocolate at all. White chocolate, for example, does not contain cocoa solids. That means it is much more of a confection than anything else. But dark chocolate benefits are numerous.

Rich in flavanols. Flavanols are a type of flavonoid that is found in plants such as the cacao tree. These trees produce the cacao beans used to make chocolate. The cacao beans are fermented and roasted, producing what we call cocoa beans. Chocolate solids are made from those. Dark chocolate contains two to three times more flavanol-rich cocoa solids as compared to milk chocolate. Dark chocolate has between 50% and 90% cocoa solids. The higher percentage of cocoa solids, the more flavonoids, and less sugar the chocolate contains. These flavonoids are plant chemicals which are protective for your health.

This is a huge benefit for your heart. Flavanols are related to the production of nitric oxide, which relaxes your blood vessels and improves blood flow. In turn, this also lowers blood pressure. Better blood flow is also great for your overall health including cognition (understanding thought), because of more blood flow to the brain. Due to their antioxidant properties, flavanols are also beneficial in fighting cell damage related to aging.

Source of important minerals. Dark chocolate is packed full of important minerals, including iron, magnesium, zinc, copper, and phosphorus. In your body, these minerals are used to support factors such as immunity, can help keep your bones and teeth healthy, and contribute to better sleep quality.

High in fiber. Dark chocolate is high in fiber. One ounce of dark chocolate contains about four grams of fiber.

Protects skin from sun damage. The antioxidants in dark chocolate improve blood flow to your skin and protect it from sun damage. A small study even found that eating chocolate high in flavanols, that is, dark chocolate, can protect your skin from the effects of UV (ultraviolet) rays.

Enhances your mood. Good news: if you feel better after eating dark chocolate, there's a scientific reason for that. Dark chocolate has long been associated with feelings of pleasure and enjoyment. Those feelings may originate from what are called polyphenolic compounds. Polyphenols can lower cortisol, a stress hormone.

Serving size. One misconception often is, "Well, dark chocolate is good for me, so I can have however much I want." One to two ounces is considered an appropriate serving size. It is a good option for a treat because it has a strong flavor and a little bit "goes a long way." Dark chocolate is satiety inducing (feeling satisfied), so you are more likely to feel satisfied with a smaller amount and reap the health benefits. Savor it slowly!

Adapted from Cleveland Clinic and 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.



**Tioga Opportunities, Inc. offers
Elder Law Clinic**

***Would you like free guidance
from a local attorney about your
legal needs?***

Tioga Opportunities, Inc., in conjunction with the NYS Bar Association, is hosting an Elder Law Clinic on Friday, February 10th from 9:30 AM to 12:30 PM. Appointments will be offered onsite. Tioga County residents over the age of 60 can register for a free 30-minute legal consultation with a local attorney on a wide range of legal concerns.

To schedule an appointment, please call 607-687-4120, ext. 315 by 4:00 PM on February 3rd. Appointments are limited, so please call today!



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

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.