


## March 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Hot meals served with milk, juice, and bread.</b></p> <p><b>Menu subject to change without notice.</b></p>	 <p>Tioga Opportunities, Inc.</p>	<p>1</p> <p>Chicken &amp; Biscuits Mashed Potatoes Peas &amp; Carrots Fruit Salad Deluxe Fruit Punch</p>	<p>2</p> <p>Beef &amp; Cabbage Casserole Mashed Potatoes Green Beans Rice Pudding with Orange Sections Cranberry Juice</p>	<p>3</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Chef's Choice Homemade Dessert Orange Juice</p>
<p>6</p> <p>Tuscan Chicken Brussel Sprouts Tropical Fruit Cranberry Juice</p>	<p>7</p> <p>Manicotti Chef's Choice Vegetable Fruit Parfait Fruit Punch</p>	<p>8</p> <p>Meatloaf Mashed Potatoes Green Beans Pineapple Orange Juice</p>	<p>9</p> <p>Scalloped Potatoes &amp; Ham Peas &amp; Carrots Ambrosia Salad Apple Juice</p>	<p>10</p> <p>Almond Crusted Fish Winter Squash Mixed Vegetables Chef's Choice Dessert Grape Juice</p>
<p>13</p> <p>Turkey Tetrazzini Chef's Choice Vegetable Mandarin Oranges Fruit Punch</p>	<p>14</p> <p>Stuffed Cabbage Mashed Potatoes Mixed Vegetables Grapes Orange Juice</p>	<p>15</p> <p>Roasted Pork Mashed Potatoes Stuffing Sauerkraut Fresh Apple Dragon Fruit Juice</p>	<p>16</p> <p><b>St. Patrick's Day</b> Roasted Pork Loin Boiled Red Potatoes Cabbage &amp; Carrots Pistachio Cake Cranberry Juice</p>	<p>17</p> <p>Vegetable Lasagna Mixed Vegetables Greek Yogurt Apple Juice</p>
<p>20</p> <p>Hungarian Goulash Mixed Vegetables Pears Fruit Punch</p>	<p>21</p> <p>Cheeseburger with Caramelized Onions &amp; Cheddar Mixed Vegetables Vanilla Pudding Grape Juice</p>	<p>22</p> <p>Roasted Turkey Mashed Potatoes Brussel Sprouts Chef's Choice Dessert Orange Juice</p>	<p>23</p> <p>Chicken Patty Sandwich Peas Carrots Peaches Dragon Fruit Juice</p>	<p>24</p> <p style="text-align: center;"><b>CLOSED STAFF TRAINING</b></p>
<p>27</p> <p>Spaghetti &amp; Meatballs Chef's Choice Vegetables &amp; Dessert Fruit Punch</p>	<p>28</p> <p>Stuffed Peppers Mashed Potatoes Mixed Vegetables Greek Yogurt Grape Juice</p>	<p>29</p> <p><b>Breakfast for Lunch</b> French Toast with Scrambled Eggs &amp; Chef's Choice Vegetable Quinoa, Potato &amp; Vegetable Hash Tropical Fruit Orange Juice</p>	<p>30</p> <p>Beef Burgundy Egg Noodles Asparagus Ambrosia Salad Cranberry Juice</p>	<p>31</p> <p>Herb Crusted Cod Mushroom Barley Pilaf Spinach Gingerbread Apple Juice</p>

## March 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Cold dinner meals served with milk and juice.</b></p> <p><b>Menu subject to change without notice.</b></p>	 <p>Tioga Opportunities, Inc.</p>	<p>1</p> <p>Tuna Salad Cucumber &amp; Tomato Salad Assorted Snack Orange Juice</p>	<p>2</p> <p>Chicken Salad Coleslaw Assorted Fruit Cup Apple Juice</p>	<p>3</p> <p>Egg Salad Tossed Salad with Garbanzo Beans Graham Crackers Grape Juice</p>
<p>6</p> <p>Ham &amp; Swiss 4-Bean Salad Assorted Cookie Orange Juice</p>	<p>7</p> <p>Seafood Salad Pesto &amp; Pasta Salad Assorted Fruit Cup Grape Juice</p>	<p>8</p> <p>Chicken Salad Chef's Choice Salad Yogurt Apple Juice</p>	<p>9</p> <p>Tuna Salad V-8 Juice Graham Crackers Cranberry Juice</p>	<p>10</p> <p>Roast Beef &amp; Cheddar Tossed Salad with Garbanzo Beans Assorted Fruit Cup Fruit Punch</p>
<p>13</p> <p>Turkey &amp; Cheese Pickled Beets Graham Crackers Fruit Punch</p>	<p>14</p> <p>Seafood Salad Carrot Raisin Salad Assorted Snack Apple Juice</p>	<p>15</p> <p>Egg Salad Tossed Salad with Garbanzo Beans Pudding Grape Juice</p>	<p>16</p> <p>Ham &amp; Swiss Adirondack Pea Salad Fruit Cup Orange Juice</p>	<p>17</p> <p>Tuna Salad Sweet Potato Salad Applesauce Cranberry Juice</p>
<p>20</p> <p>Turkey &amp; Provolone 4-Bean Salad Lorna Doone Cookies Dragon Fruit Juice</p>	<p>21</p> <p>Roast Beef Broccoli Raisin Applesauce Cranberry Juice</p>	<p>22</p> <p>Ham Salad Tossed Salad with Garbanzo Beans Pudding Fruit Punch</p>	<p>23</p> <p>Tuna Salad Garbanzo Bean Salad Assorted Snack Orange Juice</p>	<p>24</p> <p style="text-align: center;"><b>CLOSED STAFF TRAINING</b></p>
<p>27</p> <p>Turkey &amp; Cheddar V-8 Juice Peaches Orange Juice</p>	<p>28</p> <p>Chicken Salad Coleslaw Fruit Cup Apple Juice</p>	<p>29</p> <p>Tuna Salad Garden Cottage Cheese Pudding Dragon Fruit Juice</p>	<p>30</p> <p>Ham Tossed Salad with Garbanzo Beans Applesauce Grape Juice</p>	<p>31</p> <p>Egg Salad Potato Salad Yogurt Fruit Punch</p>



# Healthy Habits



## What Is Vitamin D?

Vitamin D is a nutrient needed for health and to maintain strong bones. Vitamin D aids in the absorption of calcium and phosphorus in our bodies, helps bring calcium and phosphorus to our bones and teeth, and helps regulate how much calcium remains in our blood. Together with calcium, vitamin D helps protect against the loss of bone mass.

Vitamin D's importance does not end there. It also helps muscles function and allows the brain and body to communicate through nerves. The immune system also uses vitamin D. There are three ways to get vitamin D: from sunlight, through food and drinks, or with supplements.

### Vitamin D from the Sun

Known as the "sunshine vitamin," your body converts sunlight into vitamin D after it hits unprotected skin. However, be careful to avoid extended exposure to sunlight without sunscreen.

### Vitamin D from Food and Drinks

Very few foods naturally have vitamin D. Fatty fish such as salmon and trout are among the best sources of vitamin D. Beef liver, cheese, and egg yolk provide small amounts. Mushrooms also contain this vitamin if grown under UV lights.

Fortified foods and drinks provide most of the vitamin D in our diets. Most milk and some cereals are fortified with vitamin D, as are many plant-based beverages, like soymilk. Orange juice, yogurt, and cheese may or may not be fortified, so it is always good practice to check the Nutrition Facts Label for vitamin D content.

### Vitamin D from Supplements

Some individuals may need extra vitamin D, such as older adults; breastfed infants; people with dark skin; those with certain medical conditions including liver disease, cystic fibrosis, celiac disease, and Crohn's disease; and those with obesity or who have had gastric bypass surgery. Ask your health-care provider to check your vitamin D yearly and always check with your health care provider before taking a vitamin D supplement.



Adapted from resource through Academy of Nutrition and Dietetics, 2023. 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.

***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.**



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