

## April 2023 Hot Lunch Menu

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| 3<br>Chili<br>Brown Rice<br>Cornbread Muffin<br>Tropical Fruit<br>Cranberry Juice  | 4<br>Turkey Burger<br>Roasted Potatoes<br>Mixed Vegetables<br>Fruit Parfait<br>Fruit Punch | 5<br>Meatball Sub<br>Sweet Potato Fries<br>Green Beans<br>Pineapple<br>Orange Juice                            | 6<br>Beef & Cabbage<br>Casserole<br>Mashed Potatoes<br>Green Beans<br>Rice Pudding with<br>Strawberries<br>Cranberry Juice | 7<br>Fish Fry<br>Boiled Red Potatoes<br>Coleslaw<br>Oatmeal Raisin<br>Cookie<br>Grape Juice                               |
| 10<br>Tuscan Chicken Pasta<br>Brussel Sprouts<br>Tropical Fruit<br>Cranberry Juice | 11<br>Manicotti<br>Mixed Vegetables<br>Fruit Parfait<br>Fruit Punch                        | 12<br>Philly Cheesesteak<br>Sandwich<br>Baked Beans<br>Green Beans<br>Pineapple<br>Orange Juice                | 13<br>Scalloped Potatoes &<br>Ham<br>Peas & Carrots<br>Ambrosia Salad<br>Apple Juice                                       | 14<br>Parmesan & Herb<br>Crusted Chicken<br>Mashed Potatoes<br>Black Bean Brownie<br>Grape Juice                          |
| 17<br>Turkey Tetrazzini<br>Spinach<br>Mandarin Oranges<br>Fruit Punch              | 18<br>Stuffed Cabbage<br>Mashed Potatoes<br>Mixed Vegetables<br>Grapes<br>Orange Juice     | 19<br>Chicken Philly<br>Cheesesteak<br>Roasted Red<br>Potatoes<br>Mixed Vegetables<br>Apple<br>Cranberry Juice | 20<br><b>CLOSED for<br/>Staff Training</b>   | 21<br>Chicken Cacciatore<br>Whole Grain Penne<br>Cauliflower<br>Fruited Gelatin<br>Fruit Punch                            |
| 24<br>Hungarian Goulash<br>Mixed Vegetables<br>Peaches<br>Fruit Punch              | 25<br><b>CLOSED for<br/>Volunteer<br/>Appreciation<br/>Event</b>                           | 26<br>Meat Lasagna<br>Mixed Vegetables<br>Orange Sections<br>Apple Juice                                       | 27<br>Chicken Patty<br>Sandwich<br>Peas<br>Carrots<br>Peaches<br>Dragon Fruit Juice  | 28<br>Roasted Turkey<br>Mashed Potatoes<br>Carrots<br>Pear Crisp<br>Grape Juice   |
|  |  |  |  | <b>Hot meals served<br/>with milk, juice,<br/>and bread.</b><br><br><b>Menu subject to<br/>change without<br/>notice.</b> |

## April 2023 Cold Dinner Menu

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 3<br>Ham & Swiss<br>4-Bean Salad<br>Assorted Cookie<br>Orange Juice                   | 4<br>Seafood Salad<br>Pesto & Pasta Salad<br>Assorted Fruit Cup<br>Grape Juice  | 5<br>Chicken Salad<br>Chef's Choice Salad<br>Yogurt<br>Apple Juice               | 6<br>Tuna Salad<br>Low-Sodium V-8<br>Graham Crackers<br>Cranberry Juice         | 7<br>Roast Beef & Cheddar<br>Tossed Salad &<br>Garbanzo Beans<br>Assorted Fruit Cup<br>Fruit Punch  |
| 10<br>Ham & Swiss<br>4-Bean Salad<br>Assorted Cookie<br>Orange Juice                  | 11<br>Seafood Salad<br>Pesto & Pasta Salad<br>Assorted Fruit Cup<br>Grape Juice | 12<br>Chicken Salad<br>Chef's Choice Salad<br>Yogurt<br>Apple Juice              | 13<br>Tuna Salad<br>Low-Sodium V-8<br>Graham Crackers<br>Cranberry Juice        | 14<br>Roast Beef & Cheddar<br>Tossed Salad &<br>Garbanzo Beans<br>Assorted Fruit Cup<br>Fruit Punch |
| 17<br>Turkey & Cheese<br>Pickled Beets<br>Graham Crackers<br>Fruit Punch              | 18<br>Seafood Salad<br>Carrot Raisin Salad<br>Assorted Snack<br>Apple Juice     | 19<br>Egg Salad<br>Tossed Salad with<br>Garbanzo Beans<br>Pudding<br>Grape Juice | 20<br><b>CLOSED for<br/>Staff Training</b>                                      | 21<br>Tuna Salad<br>Sweet Potato Salad<br>Applesauce<br>Cranberry Juice                             |
| 24<br>Turkey & Provolone<br>4-Bean Salad<br>Lorna Doone Cookies<br>Dragon Fruit Juice | 25<br><b>CLOSED for<br/>Volunteer<br/>Appreciation<br/>Event</b>                | 26<br>Roast Beef<br>Sweet Potato Salad<br>Applesauce<br>Cranberry Juice          | 27<br>Chicken Salad<br>Garbanzo Bean<br>Salad<br>Assorted Snack<br>Orange Juice | 28<br>Ham Salad<br>Broccoli Raisin<br>Fruit Cup<br>Apple Juice                                      |



Like & Follow Us  
@TiogaOpportunities



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



# Healthy Habits



## Kidney Disease

Your kidneys perform many essential functions, such as:

- Removing drugs, toxins, and waste products from your blood.
- Regulating and balancing fluids in your body.
- Releasing hormones that help keep your blood pressure normal.
- Activating vitamin D, which promotes strong, healthy bones.
- Helping produce red blood cells.

Each kidney contains tiny structures, called nephrons, which help clean blood by filtering it and shuttling waste materials to your bladder to be removed. The filtered blood is then sent back out to circulate in your body. If your kidneys aren't working well, they don't filter blood properly, which means harmful substances can build up in your blood.

### Types and Causes of Kidney Disorders

Kidney disorders generally fall into one of two categories: acute or chronic.

Acute kidney injury is often a complication of:

- Kidney stones
- Severe blood loss
- An injury or trauma
- Overuse of pain medications
- Other organ failures

Acute kidney injury can lead to a permanent loss of kidney function. However, if the kidneys have not been badly damaged, they can often return to normal health. The most common causes of chronic kidney disease are nutrition related: poorly controlled diabetes and high blood pressure.

### Symptoms

Usually, there are no symptoms for early stages of kidney disease, but symptoms may appear as the disease progresses. Symptoms include:

- Nausea and vomiting
- Diminished appetite
- High blood pressure
- Urinating less or more frequently
- Feeling tired or drowsy
- Swelling of hands or feet
- Puffiness around eyes
- Muscle cramps (especially at night)
- Dry, itchy skin



If you notice any of these changes in your health, meet with your health care provider. He or she can determine if further testing and treatment are necessary. If you are diagnosed with kidney disease, what you eat affects how hard your kidneys must work. Meet with a registered dietitian nutritionist who can help you create an appropriate eating plan.

*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.**



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