

May 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatloaf Mashed Potatoes Baby Carrots Fruit Mix Apple Juice	2 Pulled Pork Sandwich Baked Beans Mixed Vegetables Rainbow Gelatin Salad Cranberry Juice	3 Salisbury Steak with Mushroom Gravy Egg Noodles Asparagus Mango Yogurt Parfait Fruit Punch	4 Chicken Spiedies Roasted Potatoes Roasted Cauliflower Grapes Orange Juice	5 Cinco De Mayo Chicken Fajita Beans & Rice Chef's Choice Dessert Grape Juice
8 Chicken Piccata Wild Rice Pilaf Mixed Vegetables Peaches Cranberry Juice	9 Meatball Sub Sweet Potato Fries Cauliflower Pears Grape Juice	10 Turkey a la King Brown Rice Mixed Vegetables Sponge Cake with Berries Orange Juice	11 Stuffed Greek Chicken Brown Rice Mixed Vegetables Cantaloupe Dragon Fruit Juice	12 Philly Cheesesteak Roasted Potatoes Mixed Vegetables Strawberry Muffin Apple Juice
15 Garden Chili Baked Potato Pineapple Cranberry Juice	16 Sloppy Joe Sandwich Roasted Potatoes Brussel Sprouts Greek Yogurt with Strawberry Slices Apple Juice	17 Chicken Caprese Bow Tie Pasta Mixed Vegetables Fruit Salad Deluxe Low Sodium V-8	18 Vegetable Lasagna Mixed Vegetables Peach Parfait Orange Juice	19 Macaroni & Cheese Stewed Tomatoes Black Bean Brownie Grape Juice
22 Bratwurst Perogies French Cut Green Beans Applesauce Fruit Punch	23 Cheeseburger with Caramelized Onions & Cheddar Baked Beans Mixed Vegetables Tropical Fruit Grape Juice	24 Spaghetti & Meatballs Spinach Mandarin Oranges Apple Juice	25 Beef Burgundy Egg Noodles Mixed Vegetables Triple Berry Crisp Fruit Punch	26 CLOSED FOR STAFF TRAINING
29 CLOSED FOR MEMORIAL DAY	30 Chicken Philly Cheesesteak Roasted Potatoes Cauliflower Tropical Fruit Cranberry Juice	31 Roasted Turkey Mashed Potatoes Baby Carrots Fruit Cocktail Orange Juice	Menu subject to change without notice.	Hot meals served with milk, juice, and bread.

May 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Pickled Beets Graham Crackers Grape Juice	2 Egg Salad Adirondack Pea Salad Fruit Blend Orange Juice	3 Chicken Salad Tossed Salad with Chickpeas Yogurt Variety Apple Juice	4 Roast Beef with Swiss Carrot Raisin Salad Applesauce Low-Sodium V-8	5 Tuna Salad Cucumber & Tomato Salad Fruit Cocktail Cranberry Juice
8 Ham 4-Bean Salad Chef's Choice Fruit Orange Juice	9 Tuna Salad Coleslaw Wafers Apple Juice	10 Seafood Salad Garden Cottage Cheese Tropical Fruit Fruit Punch	11 Egg Salad Chef's Choice Salad Yogurt Cranberry Juice	12 Chicken Salad Broccoli Raisin Pineapple Grape Juice
15 Turkey Pickled Beets Animal Crackers Orange Juice	16 Egg Salad Pesto Pasta Salad Muffin Grape Juice	17 Roast Beef Tossed Salad with Garbanzo Beans Cherry Vanilla Yogurt Fruit Punch	18 Tuna Salad Adirondack Pea Salad Apple Slices & Cheese Cubes Dragon Fruit Juice	19 Chicken Salad Cucumber & Tomato Salad Peaches Apple Juice
22 Ham & Swiss 4-Bean Salad Gelatin Grape Juice	23 Seafood Salad Sweet Potato Salad Yogurt Assortment Cranberry Juice	24 Egg Salad Low Sodium V-8 Rice Pudding Dragon Fruit Juice	25 Tuna Salad Garden Cottage Cheese Banana Orange Juice	26 CLOSED FOR STAFF TRAINING
29 CLOSED FOR MEMORIAL DAY	30 Ham & Swiss Pickled Beets Pears Grape Juice	31 Tuna Tossed Salad with Garbanzo Beans Assorted Dessert Fruit Punch	Menu subject to change without notice.	Cold dinner meals served with milk and juice.



Healthy Habits



Choose Healthy Fats

It used to be that all types of dietary fat got a bad rap. Fats are essential for a balanced diet. A nutritious eating plan does not mean cutting out fat, just focusing on healthier varieties. Not sure how to get started? Begin by making small changes outlined below.

The Omegas

Omega-3 fats are a type of polyunsaturated fatty acid that may offer health benefits, such as promoting normal functions of the brain and nervous system, lowering cholesterol levels, supporting heart health, protecting against dry eye disease, and reducing inflammation in the body. The body cannot make omega-3 fatty acids; thus, you must get them through the foods you eat. Some foods and beverages are also fortified with omega-3s.



What to Eat:

- **Fatty Fish:** Include fish high in omega-3 fats at least twice per week. For example, salmon, herring, sardines, lake trout, and Atlantic or Pacific mackerel.
- **Walnuts:** Walnuts are a plant-based source of omega-3 fatty acids. Add walnuts to cereal, salads, or muffins. Try walnut oil in salad dressings and sauté dishes.
- **Flaxseed:** Your body cannot break down whole flaxseeds to access the omega-3-containing oil, so to get the health benefits, select ground flaxseed. Add it to breakfast cereal, yogurt, baked goods including breads and muffins, or mixed dishes and casseroles. You can also drizzle flaxseed oil over quinoa or use it for salad dressing.
- **Chia seeds:** These small seeds are packed with nutrients. In addition to omega-3s, they contain protein, dietary fiber, and vitamins and minerals. Toss them in your cereal, salads, and even baked goods.
- **Hemp seeds:** These seeds are also packed with omega-3s and protein. They can be eaten raw, cooked, or toasted.
- **Eggs:** Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

Monounsaturated Fats

These healthy fats help to increase HDL, the “good” cholesterol in the body. Swapping out monounsaturated or polyunsaturated fats, such as vegetable oils, for saturated fats, such as butter and lard, may help reduce cholesterol in the body. Cholesterol is a waxy substance that can build up and clog blood vessels. The narrowed or blocked blood vessels increase your risk for heart attack or stroke.

What to Eat:

- **Nuts:** In addition to heart-healthy fats, nuts are a good source of protein, dietary fiber, and a variety of vitamins and minerals. Just keep portion control in mind and choose unsalted forms. Enjoy a small handful of nuts instead of chips or other fried snacks.
- **Oils:** Use oils such as olive and canola in place of solid fats (e.g., butter). Use oil in salad dressing or to sauté vegetables, seafood, poultry, meat, tofu, and tempeh.
- **Avocado:** Avocados not only contain monounsaturated fat, but they also are packed with dietary fiber, potassium, and vitamins (folate and vitamins B6, C and E). Try adding avocado to salad, pizza, soup, salsa, eggs, and sandwiches. Enjoy avocado spread on toast for breakfast.
- **Peanut Butter:** Peanut butter is an excellent source of monounsaturated fat.

Adapted from The Academy of Nutrition and Dietetics 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.

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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