

June 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Hot meals served with milk, juice, and bread.		1 BBQ Chicken Thighs Potato Salad Mixed Vegetables Watermelon Wedge Fruit Punch Juice	2 Macaroni & Cheese Stewed Tomatoes Chef's Choice Baked Good Grape Juice
5 Meatloaf Mashed Potatoes Baby Carrots Fruit Mix Apple Juice	6 Pulled Pork Sandwich Baked Beans Mixed Vegetables Rainbow Gelatin Salad Cranberry Juice	7 Salisbury Steak with Mushroom Gravy Egg Noodles Asparagus Mango Yogurt Parfait Fruit Punch	8 Chicken Spiedies Roasted Red Potatoes Roasted Cauliflower Grapes Orange Juice	9 Garden Chili Brown Rice Cornbread Chef's Choice Dessert Grape Juice
12 Chicken Piccata Wild Rice Pilaf Mixed Vegetables Peaches Cranberry Juice	13 Meatball Sub Sweet Potato Fries Cauliflower Pears Grape Juice	14 Turkey a la King Brown Rice Mixed Vegetables Sponge Cake with Berries Orange Juice	15 CLOSED STAFF TRAINING DAY	16 Philly Cheesesteak Sandwich Roasted Potatoes Mixed Vegetables Strawberry Muffin Apple Juice
19 CLOSED JUNETEENTH HOLIDAY	20 Sloppy Joe Sandwich Roasted Red Potatoes Brussel Sprouts Vanilla Greek Yogurt with Fresh Strawberries Apple Juice	21 Vegetable Lasagna Mixed Vegetables Peach Parfait Orange Juice	22 Chicken Caprese Bow Tie Pasta Mixed Vegetables Fruit Salad Deluxe V-8 Juice	23 Macaroni & Cheese Stewed Tomatoes Black Bean Brownie Grape Juice
26 Bratwurst Perogies French Cut Green Beans Applesauce Fruit Punch	27 Cheeseburger with Caramelized Onions & Cheddar Baked Beans Mixed Vegetables Tropical Fruit Grape Juice	28 Spaghetti & Meatballs Spinach Mandarin Oranges Apple Juice	29 Beef Burgundy Egg Noodles Chef's Choice Vegetable Triple Berry Crisp Fruit Punch	30 Baked White Fish Wild & Brown Rice Roasted Zucchini & Yellow Squash Strawberry Shortcake Orange Juice

June 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Hot meals served with milk, juice, and bread.		1 Egg Salad Dijon Green Bean Salad Assorted Cookies Apple Juice	2 Turkey & Provolone Pesto & Pasta Salad Fruit Cup Cranberry Juice
5 Turkey Pickled Beets Graham Crackers Grape Juice	6 Egg Salad Adirondack Pea Salad Fruit Cup Orange Juice	7 Chicken Salad Tossed Salad with Chickpeas Fruit Cup Apple Juice	8 Roast Beef with Swiss Carrot Raisin Salad Applesauce V-8	9 Tuna Salad Cucumber & Tomato Salad Fruit Cup Cranberry Juice
12 Ham 4-Bean Salad Chef's Choice Fruit Orange Juice	13 Tuna Salad Coleslaw Cookie Apple Juice	14 Seafood Salad Garden Cottage Cheese Fruit Cup Fruit Punch	15 CLOSED STAFF TRAINING DAY	16 Chicken Salad Broccoli Raisin Fruit Cup Grape Juice
19 CLOSED JUNETEENTH HOLIDAY	20 Turkey Pickled Beets Assorted Snack Grape Juice	21 Roast Beef Tossed Salad with Garbanzo Beans Yogurt Fruit Punch	22 Tuna Salad Adirondack Pea Salad Pudding Dragon Fruit Juice	23 Chicken Salad Cucumber & Tomato Salad Fruit Cup Apple Juice
26 Ham & Swiss 4-Bean Salad Assorted Snack Grape Juice	27 Seafood Salad Sweet Potato Salad Pudding Cranberry Juice	28 Tuna Salad Garden Cottage Cheese Banana Orange Juice	29 Turkey Salad Chef's Choice Salad Fruit Cup Apple Juice	30 Turkey Salad Chef's Choice Salad Fruit Cup Apple Juice



Healthy Habits



Antioxidants Protecting Healthy Cells

Our bodies are battlegrounds against infection and diseases. Normal body functions, such as breathing or physical activity, and other lifestyle habits (such as smoking) produce substances called free radicals that attack healthy cells. When these healthy cells are weakened, they are more susceptible to cardiovascular disease and certain types of cancers. Antioxidants — such as vitamins C and E and carotenoids, which include beta-carotene, lycopene, and lutein — help protect healthy cells from damage caused by free radicals.

Carotenoids

Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration. Foods high in carotenoids include red, orange, deep-yellow, and some dark-green leafy vegetables; these include sweet potatoes, spinach, carrots, tomatoes, Brussels sprouts, winter squash, and broccoli.

Vitamin E

Research has demonstrated the broad role of vitamin E in promoting health. The main role of vitamin E is as an antioxidant. Research has looked at its possible role in helping to protect your body from cell damage that can lead to cancer, heart disease, and cataracts as we age. Vitamin E works with other antioxidants, such as vitamin C, to offer protection from some chronic diseases. Vitamin E is found in vegetable oils, wheat germ, whole-grains and fortified cereals, seeds, nuts, and peanut butter.

Vitamin C

Perhaps the best-known antioxidant, vitamin C, offers a wide variety of health benefits. These benefits include protecting your body from infection and damage to body cells, helping produce collagen (the connective tissue that holds bones and muscles together), and helping in the absorption of iron. To take advantage of these benefits, eat foods rich in vitamin C such as citrus fruits (including oranges, grapefruits, and tangerines), strawberries, sweet peppers, tomatoes, broccoli, and potatoes.



Challenges to Healthful Eating

The best way to build a healthful eating plan is to eat well-balanced meals and snacks each day and to enjoy a wide variety of foods. For most adults, eating at least 1½ cups of fruits and 2½ cups of vegetables daily is a good start for healthful living. Remember: fresh, frozen, dried, and canned fruits and vegetables are all nutritious! Choose frozen and canned options without added sugars or salt. Many health authorities recommend getting antioxidants from food instead of supplements, and research has not shown antioxidant supplements to be beneficial in preventing disease. In fact, in some cases, antioxidant supplements have increased the risk of certain cancers. However, there may be circumstances that make healthful eating a challenge.

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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