

September 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Hot meals served with milk, juice, and bread.			1 Ravioli Florentine Mixed Vegetables Whole Grain Roll Chef's Choice Dessert Fruit Punch
4 CLOSED Labor Day Holiday	5 Chicken Philly Cheesesteak Baked Beans Mixed Vegetable Tropical Fruit Grape Juice	6 Whole Grain Pasta & Chicken Sausage Spinach Whole Grain Roll Fruit Cup Apple Juice	7 Manicotti Chef's Choice Vegetable Pineapple Fruit Punch	8 Greek Cannellini with Beans Penne Pasta Corn Roll Blueberry Oat Muffin Cranberry Juice
11 Garden Chili Brown Rice Corn Muffin Peaches Cranberry Juice	12 Pulled Pork Sandwich Baked Beans Mixed Vegetables Fruit Yogurt Parfait Apple Juice	13 Roast Turkey & Gravy Mashed Potatoes Carrots Whole Grain Roll Assorted Fruit Cup Orange Juice	14 CLOSED Staff Training Day	15 Meatloaf Mashed Potato Green Beans Rye Bread Gingerbread Grape Juice
18 Pesto Chicken Penne Pasta Mixed Vegetables Whole Grain Roll Fruit Cup Apple Juice	19 Cheeseburger with Mushrooms Roasted Red Potatoes Mixed Vegetables Rainbow Gelatin Salad Cranberry Juice	20 Turkey a la King Brown Rice Brussel Sprouts Rye Bread Fruit Grape Juice	21 Salisbury Steak Egg Noodles Mixed Vegetables Whole Grain Roll Pears Orange Juice	22 Black Bean Spanish Rice Roasted Cauliflower Whole Grain Roll Apple Crisp Fruit Punch
25 Macaroni & Cheese Stewed Tomatoes Rye Bread Greek Yogurt Cranberry Juice	26 Fish Sandwich Sweet Potato Fries Green Beans Fruit Salad Deluxe Grape Juice	27 Spaghetti & Meatballs Broccoli Whole Grain Roll Mandarin Oranges Orange Juice	28 Chicken Caprese Whole Grain Pasta Mixed Vegetables Apple Slices Dragon Fruit Juice	29 Vegetable Lasagna Mixed Vegetables Whole Grain Roll Chef's Choice Dessert Apple Juice

September 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Cold meals served with milk and juice.	Menu subject to change without notice.	1 Chicken Salad Sweet Potato Salad Fruit Cup Apple Juice
4 CLOSED Labor Day Holiday	5 Ham and Provolone Four Bean Salad Graham Crackers Cranberry Juice	6 Egg Salad Low Sodium V-8 Tapioca Pudding Dragon Fruit Juice	7 Tuna Salad Garden Cottage Cheese Banana Orange Juice	8 Turkey and Swiss Tossed Salad with Chickpeas Assorted Dessert Apple Juice
11 Turkey & Provolone Pickled Beets Assorted Snack Grape Juice	12 Seafood Salad Sweet Potato Salad Pears Orange Juice	13 Tuna Sandwich Tossed Salad with Chickpeas Yogurt Fruit Punch	14 CLOSED Staff Training Day	15 Egg Salad Pesto & Pasta Salad Fruit Cup Cranberry Juice
18 Turkey Pickled Beets Graham Crackers Grape Juice	19 Egg Salad Adirondack Pea Salad Fruit Blend Orange Juice	20 Tuna Salad Tossed Salad with Garbanzo Beans Yogurt Apple Juice	21 Seafood Salad Coleslaw Assorted Snack V-8 Juice	22 Chicken Salad Cucumber Tomato Salad Fruit Cocktail Cranberry Juice
25 Low Sodium Ham Four Bean Salad Fruit Orange Juice	26 Chicken Salad Chef's Choice Salad Vanilla Wafers Apple Juice	27 Seafood Salad Garden Cottage Cheese Tropical Fruit Fruit Punch	28 Egg Salad Chef's Choice Salad Yogurt Cranberry Juice	29 Tuna Salad Broccoli Raisin Salad Pineapple Grape Juice



Healthy Habits

MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least 1/2 should be whole grains.

Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.




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Tuesday, September 26th
11:00AM to 1:00PM

TIOGA DOWNS
 CASINO RESORT
 2384 West River Road, Nichols

Many agencies and businesses will be on hand to provide you with information and resources to help you maintain a healthy lifestyle and independent living!


 Tioga Opportunities, Inc. | 9 Sheldon Guile Blvd., Owego, NY 13827

Call us at 607-687-4120 | Visit Our Website www.tiogaapp.org | Like & Follow Us @TiogaOpportunities | Follow Us on Instagram @tiogaopportunitiesinc.

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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