

October 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuna Casserole Peas & Carrots Whole Grain Roll Tropical Fruit Cranberry Juice	3 Meatball Sub Sweet Potato Fries Mixed Vegetables Peaches Orange Juice	4 Mediterranean Pasta Cauliflower Whole Grain Roll Fruit Cocktail Apple Juice	5 Beef Barbecue Sandwich Sweet Potato Mixed Vegetables Mandarin Oranges Cranberry Juice	6 Chicken Sausage Onions & Peppers Pierogies Peas & Carrots Pumpkin Applesauce Muffin Dragon Fruit Juice
9 CLOSED Indigenous Peoples' Day	10 Sloppy Joe Sandwich Baked Beans Vegetable Pears Apple Juice	11 Greek Chicken Brown Rice Carrots Rye Bread Fresh Apple Orange Juice	12 Swiss Steak Garlic Mashed Potatoes Peas Corn Muffin Rainbow Gelatin Grape Juice	13 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Chef's Pick Dessert Dragon Fruit Juice
16 Philly Cheesesteak Roasted Potatoes Brussel Sprouts Fruit Cup Dragon Fruit Juice	17 Marinated Chicken Baked Potato Mixed Vegetables Whole Grain Roll Mango Yogurt Parfait Grape Juice	18 Spaghetti & Meatballs Spinach Whole Grain Roll Tropical Fruit Orange Juice	19 Roast Pork & Sauerkraut Pierogies Carrots Rye Bread Ambrosia Salad Cranberry Juice	20 Baked Fish Butternut Squash Mixed Vegetables Whole Grain Roll Brownie Apple Juice
23 Spanish Rice with Black Beans Broccoli Cornbread Muffin Tropical Fruit Apple Juice	24 Swedish Meatballs Egg Noodles Mixed Vegetables Whole Grain Roll Ambrosia Salad Grape Juice	25 Roast Turkey Mashed Potatoes Peas & Carrots Whole Grain Roll Fruit Salad Deluxe Fruit Punch	26 Oktoberfest Bratwurst German Potato Salad Green Beans Rye Bread German Chocolate Cake Cranberry Juice	27 Manicotti Mixed Vegetables Whole Grain Roll Chef's Choice Dessert Orange Juice
30 Turkey a la King Brown Rice Green Beans Rye Bread Greek Yogurt Grape Juice	31 Happy Halloween "Ghoul-ash" Brussels Sprouts Whole Grain Roll Chef's Choice Dessert Apple Juice		Menu subject to change without notice.	Hot meals served with milk, juice, and bread.

October 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lower Sodium Ham and Swiss Four Bean Salad Assorted Snack Apple Juice	3 Turkey and Provolone Pickled Beets Graham Crackers Fruit Punch	4 Egg and Olive Salad Tossed Salad with Chickpeas Pudding Grape Juice	5 Chicken Salad Adirondack Pea Salad Applesauce Orange Juice	6 Tuna Salad Sweet Potato Salad Banana Cranberry Juice
9 CLOSED Indigenous Peoples' Day	10 Turkey and Provolone Pickled Beets Assorted Snack Low Sodium V-8	11 Egg Salad Carrot Raisin Salad Pudding Apple Juice	12 Lower Sodium Ham and Swiss Tossed Salad with Chickpeas Strawberry or Peach Yogurt Cranberry Juice	13 Chicken Salad Chef's Pick Salad Applesauce Orange Juice
16 Turkey Four Bean Salad Assorted Snack Orange Juice	17 Roast Beef and Provolone V-8 Juice Fruit Cup Apple Juice	18 Tuna Salad Garden Cottage Cheese Pudding Dragon Fruit Juice	19 Ham Salad Tossed Salad with Chickpeas Applesauce Grape Juice	20 Egg Salad Potato Salad Fruit Cup Fruit Punch
23 Low Sodium Ham & Swiss Green Beans with Dijon Pudding Cranberry Juice	24 Roast Beef & Cheddar Garden Cottage Cheese Jello Fruit Punch	25 Tuna Salad Cucumber & Tomato Salad Assorted Snack Orange Juice	26 Chicken Salad Coleslaw Assorted Fruit Cup Apple Juice	27 Egg Salad Tossed Salad with Chickpeas Graham Crackers Grape Juice
30 Turkey and Swiss Four Bean Salad Assorted Snack Orange Juice	31 Seafood Salad Pesto & Pasta Salad Assorted Fruit Cup Grape Juice		If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.	

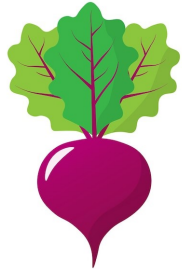


Healthy Habits

Six Fall Produce Picks to Add to Your Plate

This is the perfect time to celebrate the seasonal produce gems of autumn! Include these fall produce picks this season.

Pumpkin. Pumpkin is full of fiber and beta-carotene, which provides its vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.



Beets. Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. The red color in beets is caused by a phytochemical called betanin, making beet juice a natural alternative to red food coloring. Beets are a source of naturally occurring nitrates and may help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads, or thinly sliced and baked into chips.

Sweet Potato. Sweet potatoes are full of fiber and vitamin A. Sweet potatoes also are a good source of potassium and vitamin C. Try them as a breakfast side dish or serve them at any meal.



Kale. Kale is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only eight calories and is loaded with vitamins A, C, and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers, and pair with something a bit sweet, such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

Pears. Pears are the most delicious in the fall when they are at their peak. Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they are picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives when a little pressure is applied, it is ripe. There are a wide range of pear flavors and textures. And, just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. If you eat the peel, one medium pear has six grams of fiber.



Cranberries. Fall is the time to get to know these tart berries and their wealth of nutritional benefits. They contain a compound called proanthocyanidin, which may prevent harmful bacteria from sticking to your bladder wall. Fresh and dried cranberries pair well with a variety of meats and poultry. Fresh cranberries can be eaten raw, but often are cooked. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.

Adapted from resources through Academy of Nutrition and Dietetics, 2022. 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.



Tioga Opportunities, Inc.

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