

## November 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.</b>		1 Mediterranean Pasta Cauliflower Whole Grain Roll Fruit Cocktail Orange Juice	2 Stuffed Cabbage Mashed Potatoes Green Beans Whole Grain Roll Greek Yogurt Cranberry Juice	3 Roasted Pork & Gravy Mashed Potatoes Brussel Sprouts Whole Grain Roll Chef's Pick Dessert Dragon Fruit Juice
6 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Greek Yogurt Fruit Punch	7 Sloppy Joe Sandwich Roasted Red Potatoes Mixed Vegetable Pears Orange Juice	8 Greek Chicken Brown & Wild Rice Mixed Vegetables Rye Bread Fresh Apple Dragon Fruit Juice	9 Swiss Steak in Gravy Garlic Mashed Potatoes Peas Whole Grain Roll Pumpkin Applesauce Muffin Cranberry Juice	10  <b>CLOSED Veterans' Day Holiday</b>
13 Tuscan Chicken Pasta Mixed Vegetables Whole Grain Roll Fruit Cup Dragon Fruit Juice	14 Cheeseburger with Cheddar and Onion Sweet Potato Broccoli Ambrosia Salad Grape Juice	15 Garden Chili Brown Rice Vegetable Cornbread Muffin Pineapple Apple Juice	16 Roast Turkey Mashed Potatoes Green Bean Casserole Whole Grain Roll Pumpkin Pie Cranberry Juice	17 Spaghetti & Meatballs Spinach Whole Grain Roll Chef's Choice Dessert Orange Juice
20 Chicken & Biscuits Mashed Potatoes Peas & Carrots Tropical Fruit Apple Juice	21 Meatball Sub Roasted Red Potatoes Mixed Vegetables Ambrosia Salad Grape Juice	22 Turkey a la King Brown Rice Vegetables Whole Grain Roll Fruit Cup Fruit Punch	23  <b>CLOSED Thanksgiving Holiday</b>	24  <b>CLOSED Thanksgiving Holiday</b>
27 Ravioli Florentine Mixed Vegetables Whole Grain Roll Peaches Dragon Fruit Juice	28 Fish Sandwich Sweet Potato Fries Vegetables Fruit & Yogurt Parfait Apple Juice	29 Ham & Scalloped Potatoes French-Cut Green Beans Rye Bread Grapes Orange Juice	30 Chicken Caprese Bow Tie Pasta Broccoli Whole Grain Roll Rainbow Gelatin Grape Juice	<b>Hot meals served with milk, juice, and bread.</b>

## November 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg and Olive Salad Tossed Salad with Chickpeas Fruit Cup Fruit Punch	2 Chicken Salad Carrot Raisin Salad Fruit Cup Apple Juice	3 Tuna Salad Green Bean Dijon Yogurt Grape Juice
6 Lower Sodium Ham and Swiss Pickled Beets Fruit Cup Apple Juice	7 Turkey and Provolone Adirondack Pea Salad Pudding Fruit Punch	8 Egg Salad Tossed Salad with Chickpeas Fruit Cup Grape Juice	9 Chicken Salad Broccoli Raisin Salad Yogurt Orange Juice	10  <b>CLOSED Veterans' Day Holiday</b>
13 Lower Sodium Ham & Swiss Four Bean Salad Assorted Snack Orange Juice	14 Seafood Salad V-8 Juice Fruit Cup Apple Juice	15 Tuna Salad Garden Cottage Cheese Yogurt Dragon Fruit Juice	16 Egg Salad Tossed Salad with Chickpeas Assorted Snack Grape Juice	17 Turkey Salad Potato Salad Fruit Cup Fruit Punch
20 Lower Sodium Ham & Swiss Green Beans with Dijon Yogurt Cranberry Juice	21 Roast Beef & Cheddar Garden Cottage Cheese Fruit Cup Fruit Punch	22 Tuna Salad Cucumber & Tomato Salad Assorted Snack Orange Juice	23  <b>CLOSED Thanksgiving Holiday</b>	24  <b>CLOSED Thanksgiving Holiday</b>
27 Turkey and Provolone Pickled Beets Assorted Snack Low Sodium V-8	28 Egg Salad Pasta & Pesto salad Fruit Cup Grape Juice	29 Chicken Salad Carrot Raisin Salad Pudding Apple Juice	30 Lower Sodium Ham & Swiss Tossed Salad with Chickpeas Yogurt Cranberry Juice	



# Healthy Habits

## What to Look for in Cottage Cheese

Packed with protein, cottage cheese is a soft, fresh cheese. The tangy flavor of the fresh curds can be enjoyed as is, with added savory or sweet toppings, or even as an ingredient in other dishes.

### Types of Cottage Cheese

- **Percentage of fat.** Fat-free, 1%, and 2% fat cottage cheese have less saturated fat and fewer calories than the 4% fat variety, which includes cream. Lower fat varieties also generally have slightly more protein.
  - **Large curd or small curd.** Large curd cottage cheese tends to be higher in moisture than small curd cottage cheese, so it may be perceived as tasting creamier and sweeter than the latter, but this is not necessarily true. Small curd does, however, tend to taste slightly tangier and more acidic.
  - **Whipped.** This smooth-textured cottage cheese is spreadable.
  - **Dry curd or farmer cheese.** Cottage cheese curds are allowed to drain longer so they become dry, firm, and form a dense cottage cheese also known as farmer cheese.
  - **Probiotic.** To obtain these beneficial bacteria, cottage cheese products that contain probiotics must have the container labeled as having “live and active cultures.”
  - **Lactose-free.** This type of cottage cheese is free of lactose, which is found in the whey of milk and other dairy products. Much of the whey is drained out of cottage cheese, making it naturally lower in lactose than milk. Some people with lactose intolerance can eat cottage cheese with few symptoms.
- Flavored.** Cottage cheese is sold plain or flavored. Check the label for added sugars, which are often present with fruit-flavored varieties.

### Ideas for Cottage Cheese:

1. **Spread it.** For breakfast or lunch, spread it on whole-grain toast and top with brightly colored fruit, such as berries or slices of kiwi or avocado.
2. **Mix it.** Instead of using mayonnaise, make egg salad or tuna salad with cottage cheese. Serve on a bed of greens.
3. **Scoop it.** For a protein boost, scoop cottage cheese onto a bowl of cooked rice, pasta, or oatmeal; swirl it into eggs before scrambling; or top pancakes with cottage cheese and fresh fruit or fruit canned in 100% juice.
4. **Blend it.** Once blended, cottage cheese has the consistency of yogurt or sour cream, but with a less tangy taste. Use it in chocolate pudding, vanilla ice cream, and blueberry smoothies.
5. **Cook or bake it.** For recipes such as lasagna or stuffed shells, cottage cheese is often listed as a substitute for ricotta cheese. Some breads and muffins also may include cottage cheese as a protein-rich ingredient.

### Cottage Cheese Nutrition Information

A ½-cup serving of 2% fat cottage cheese (not low-sodium) contains approximately 85 calories, 11 grams protein, and 18% of daily value for sodium and other essential vitamins and minerals including phosphorus, magnesium, and vitamin B<sub>12</sub>; unlike milk, cottage cheese is not generally fortified with vitamins A and D. A ½-cup serving of cottage cheese has about double the amount of sodium of a (1-ounce) serving of hard cheese, such as cheddar. **However, cottage cheese typically has 1.5 times the protein of hard cheeses, less saturated fat, and five times more potassium. Additionally, eating cottage cheese with potassium-rich fruits and vegetables may help offset or limit the effect of sodium on blood pressure.**

*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.**



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