

December 2023 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.		Hot meals served with milk, juice, and bread.		1 Swedish Meatballs Egg Noodles Brussel Sprouts Lemon Pudding with Strawberries Fruit Punch
4 Spanish Rice with Black Beans Green Beans Rye Bread Greek Yogurt Grape Juice	5 Chicken Sausage Penne Pasta Mixed Vegetables Whole Grain Roll Peaches Apple Juice	6 Pork Chop Pierogies Sauerkraut Rye Bread Applesauce Orange Juice	7 Greek Cannellini Orzo Spinach Whole Grain Roll Chef's Choice Dessert Cranberry Juice	8 CLOSED for Staff Training
11 Chicken & Biscuits Mashed Potatoes Peas & Carrots Tropical Fruit Apple Juice	12 Philly Cheesesteak Sandwich Roasted Potatoes Roasted Vegetables Fruit Cup Fruit Punch	13 Chicken Loaf Mashed Potatoes Mixed Vegetables Whole Grain Roll Fresh Apple Dragon Fruit Juice	14 CLOSED for Staff Training	15 Shepherd's Pie Mashed Potatoes Mixed Vegetable Rye Bread Gingerbread Orange Juice
18 Chicken Chili Brown Rice Cornbread Muffin Fruit Cup Dragon Fruit Juice	19 Vegetable Lasagna Mixed Vegetables Whole Grain Roll Ambrosia Salad Grape Juice	20 Baked Chicken Winter Squash Spinach Whole Grain Roll Pineapple Apple Juice	21 Roasted Pork Mashed Potatoes Mixed Vegetables Whole Grain Roll Cheesecake & Berries Cranberry Juice	22 Hot Roast Beef Sandwich Mashed Potatoes Brussel Sprouts Chef's Pick Dessert Orange Juice
25 CLOSED for Christmas Holiday	26 Swiss Cheese and Mushroom Burger Roasted Vegetables Ambrosia Salad Grape Juice	27 Turkey a la King Brown Rice Vegetables Whole Grain Roll Fruit Cup Fruit Punch	28 Spaghetti & Meatballs Spinach Whole Grain Roll Chef's Pick Dessert Orange Juice	29 Manicotti Vegetable Whole Grain Roll Pound Cake with Cherries Apple Juice

December 2023 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Seafood Salad Assorted Salad Fruit Cup Orange Juice
4 Turkey and Swiss Four Bean Salad Assorted Snack Orange Juice	5 Tuna Salad Pesto and Pasta Salad Pudding Grape Juice	6 Egg and Olive Salad Tossed Salad with Chickpeas Yogurt Fruit Punch	7 Chicken Salad Carrot Raisin Salad Fruit Cup Apple Juice	8 CLOSED for Staff Training
11 Turkey and Provolone Adirondack Pea Salad Pudding Fruit Punch	12 Egg Salad Tossed Salad with Chickpeas Fruit Cup Grape Juice	13 Roast Beef Zucchini & Tomato Salad Assorted Snack Orange Juice	14 CLOSED for Staff Training	15 Chicken Salad Broccoli Raisin Yogurt Orange Juice
18 Lower Sodium Ham & Swiss Four Bean Salad Pudding Orange Juice	19 Seafood Salad V-8 Juice Fruit Cup Apple Juice	20 Tuna Salad Garden Cottage Cheese Yogurt Dragon Fruit Juice	21 Egg Salad Tossed Salad with Chickpeas Assorted Snack Grape Juice	22 Turkey Salad Potato Salad Fruit Cup Fruit Punch
25 CLOSED for Christmas Holiday	26 Roast Beef & Cheddar Garden Cottage Cheese Fruit Cup Fruit Punch	27 Tuna Salad Pesto and Pasta Salad Assorted Snack Orange Juice	28 Chicken Salad Cucumber & Tomato Salad Pudding Apple Juice	29 Ham Salad Chef's Choice Salad Fruit Cup Grape Juice



Healthy Habits

Benefits of Cranberries



Cranberries add a burst of color to our foods and contain many nutritional benefits to boot! Read on to learn more about the nutritional benefits of cranberries and some ideas on how to add more to your diet.

Rich in antioxidant compounds. Cranberries contain plant compounds that have a protective antioxidant effect. Most of these are found in the skin of the berry and as a result, may be lost during the juicing process.

May help prevent urinary tract infections. Cranberry juice is probably most well-known for its management of urinary tract infections (UTIs). Cranberries contain compounds known as proanthocyanidins, which have natural antibacterial benefits and may help prevent the bacteria *Escherichia coli* from attaching to the inner surface of the bladder and urinary tract, causing an infection. If you are going to drink cranberry juice for its potential UTI benefits, an unsweetened 100% juice should be chosen.

Heart Health. A number of human studies support regular consumption of the juice or an extract of the berry to be beneficial for heart health, reducing a number of the key risk factors for heart disease. These include improving cholesterol balance, lowering blood pressure, and reducing a compound called homocysteine, which is known to damage the lining of the blood vessels.

May protect against gastric ulcer and stomach cancer. Cranberries contain a plant compound that may reduce the risk of gastric ulcers and stomach cancer caused by the bacterium *Helicobacter pylori*. Consuming cranberry products, which are naturally rich in this compound, appears to suppress the growth of the bacteria and, as a result, reduce the risk of developing stomach cancer.

Cranberries are one of the best food sources of ursolic acid, a plant compound with antioxidant, anti-inflammatory, and potential anti-cancer effects. It has been seen to be particularly useful in prostate cancer.

Ways to Include Fresh Cranberries into Your Diet. Add fresh cranberries to oatmeal, breads, cereals, smoothies, relishes, wraps, chicken salad, salads, gelatin, and salsa.



Adapted from Cleveland Clinic, November 2023 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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