

January 2024 Hot Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED <i>Happy New Year!</i>	2 Sloppy Joe Sweet Potato Fries Vegetables Peaches Apple Juice	3 Mediterranean Pasta Green Beans Whole Grain Roll Grapes Orange Juice	4 Beef & Lentil Stew Brown Rice Broccoli Rye Bread Rainbow Gelatin Grape Juice	5 Hot Turkey Sandwich Mashed Potatoes Brussel Sprouts Lemon Pudding with Strawberries Fruit Punch
8 Tuscan Chicken Pasta Mixed Vegetables Rye Bread Peaches Grape Juice	9 Stuffed Pepper Mashed Potatoes Mixed Vegetables Whole Grain Roll Greek Yogurt Apple Juice	10 Chicken & Biscuits Mashed Potatoes Carrots Rye Bread Fresh Apple Orange Juice	11 Spaghetti & Meatballs Spinach Whole Grain Roll Grapes Cranberry Juice	12 Oven Baked Chicken Sweet Potato Fries Greens Cornbread Pecan Pie Dragon Fruit Juice
15 CLOSED Martin Luther King, Jr. Holiday	16 Ravioli Florentine Roasted Red Potatoes Spinach Whole Grain Roll Tropical Fruit Fruit Punch	17 Whole Grain Pancakes Berries Scrambled Eggs Mixed Vegetables Fresh Apple Dragon Fruit Juice	18 Pork Stir Fry Brown Rice Whole Grain Roll Cranberry Orange Muffin Orange Juice	19 Chicken Caprese Whole Wheat Pasta Mixed Vegetables Dessert Apple Juice
22 Garden Chili Brown Rice Cornbread Muffin Fruit Cup Dragon Fruit Juice	23 Manicotti Mixed Vegetables Whole Grain Roll Ambrosia Salad Grape Juice	24 Roast Turkey & Gravy Mashed Potatoes Spinach Whole Grain Roll Pineapple Apple Juice	25 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Whole Grain Roll Greek Yogurt Cranberry Juice	26 Beef & Mushroom Stroganoff Brussel Sprouts Whole Grain Roll Dessert Orange Juice
29 Spanish Rice with Beans Broccoli Corn Muffin Tropical Fruit Apple Juice	30 Fish Sandwich Pierogies Roasted Vegetables Ambrosia Salad Grape Juice	31 Chicken & Biscuits Mashed Potatoes Vegetables Fruit Cup Fruit Punch	Menu subject to change without notice.	Hot meals served with milk and bread.

January 2024 Cold Dinner Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED <i>Happy New Year!</i>	2 Turkey & Provolone Pickled Beets Low Sodium V-8 Assorted Snack	3 Chicken Salad Carrot Raisin Salad Pudding Apple Juice	4 Low Sodium Ham & Swiss Tossed Salad Strawberry or Peach Yogurt Cranberry Juice	5 Seafood Salad Assorted Salad Fruit Cup Orange Juice
8 Ham & Swiss Four Bean Salad Assorted Snack Orange Juice	9 Tuna Salad Pesto & Pasta Salad Fruit Cup Grape Juice	10 Egg and Olive Sandwich Tossed Salad Yogurt Fruit Punch	11 Chicken Salad Broccoli Raisin Salad Fruit Cup Apple Juice	12 Turkey & Cheddar Cucumber Tomato Salad Fruit Cup Cranberry Juice
15 CLOSED Martin Luther King, Jr. Holiday	16 Low Sodium Ham & Swiss Pickled Beets Pudding Grape Juice	17 Chicken Salad Zucchini Tomato Salad Assorted Snack Orange Juice	18 Tuna Salad Adirondack Pea Salad Fruit Cup Fruit Punch	19 Seafood Salad Tossed Salad Yogurt Orange Juice
22 Low Sodium Ham & Swiss Four Bean Salad Pudding Orange Juice	23 Seafood Salad V-8 Juice Fruit Cup Apple Juice	24 Tuna Salad Garden Cottage Cheese Yogurt Dragon Fruit Juice	25 Egg Salad Tossed Salad Assorted Snack Grape Juice	26 Turkey Salad Potato Salad Fruit Cup Fruit Punch
29 Turkey and Swiss Green Beans with Dijon Yogurt Cranberry Juice	30 Egg Salad Cucumber Tomato Salad Fruit Cup Fruit Punch	31 Tuna Salad Pesto Pasta Salad Assorted Snack Orange Juice	If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.	



Healthy Habits

Can Diet Help with Inflammation? Part I of II.

Did you know that there may be a link between inflammation and increased risk for chronic diseases? Some studies have found an association between chronic inflammation and conditions such as heart disease and Type 2 diabetes.

Inflammation is a Normal Body Response to Promote Healing

Typically, we think of signs of inflammation as redness, swelling, and pain. However, inflammation can be both a sign that the body is fighting infection or trying to heal from injury. Signs of inflammation may not always be obvious, like with a respiratory condition. Other signs might be easy to see, like a wound on the skin. Whatever the cause, long term chronic inflammation may damage the body's DNA, increasing the risk for other chronic conditions.

Foods and Inflammation

While various anti-inflammatory diets are promoted online, researchers are still figuring out how what we eat may affect inflammation. However, **eating a variety of nutritious foods** may help manage inflammation in the body by providing nutrients that help keep your immune system working well:

- **Fruits and vegetables** contain natural components called phytonutrients that may help protect against inflammation.
- **Healthy fats** that help boost brain and heart health, such as monounsaturated fats and omega-3 fatty acids, may help reduce inflammation. Foods high in saturated fats may increase inflammation. Plus, highly processed foods and other foods with trans-fat also may be inflammatory.

Are there "Anti-inflammatory Foods"?

Dark chocolate (more than 70% cocoa), red wine, green tea, turmeric, and ginger are thought to help reduce inflammation, but many of the findings of the anti-inflammatory effects of these foods come from studies done with lab animals. We cannot form conclusions about how these foods impact inflammation in people at this time. And it is not yet known how much and how often "anti-inflammatory" foods must be eaten to combat inflammation. For now, the best advice is to adopt a healthy eating style.

Up next month, Five Dietary Approaches that May Help Reduce Inflammation.

Adapted from Academy of Nutrition and Dietetics, December 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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