

February 2024 Hot Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Hot meals served with milk and bread		1 Salisbury Steak Mashed Potatoes Carrots Whole Grain Roll Mandarin Oranges Cranberry Juice	2 White Bean Rigatoni Cauliflower Whole Grain Roll Apple Crisp Orange Juice
5 Cannellini with Orzo Mixed Vegetables Whole Grain Roll Pears Dragon Fruit Juice	6 Chicken Patty on Sandwich Roll Baked Beans Chef's Pick Vegetable Rainbow Gelatin Apple Juice	7 Swedish Meatballs Egg Noodles Green Beans Whole Grain Roll Grapes Orange Juice	8 Cabbage Rolls Mashed Potatoes Broccoli Rye Bread Lemon Pudding & Strawberries Grape Juice	9 CLOSED for Staff Training
12 Beans & Greens Whole Wheat Pasta Capri Blend Whole Grain Roll Peaches Grape Juice	13 Vegetable Lasagna Mixed Vegetables Whole Grain Roll Greek Yogurt Apple Juice	<div>14</div> Chicken Chili Brown Rice Carrots Cornbread Muffin Angel Food Cake with Berries & Cream Orange Juice	15 Spaghetti & Meatballs Whole Grain Pasta Spinach Whole Grain Roll Chef's Pick Dessert Cranberry Juice	16 Herb Crusted Fish Winter Squash Chef's Pick Vegetable Cornbread Gingerbread Square Dragon Fruit Juice
19 CLOSED Presidents' Day	20 Turkey Burger Baked Beans Vegetables Tropical Fruit Fruit Punch	21 Breakfast for Lunch Quiche Broccoli Roasted Potatoes Rye Bread Fruit Yogurt Parfait Orange Juice	22 Beef Stroganoff Egg Noodles Green Beans Whole Grain Roll Fresh Orange Cranberry Juice	23 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Chef's Pick Dessert Grape Juice
26 Garden Chili Brown Rice Cornbread Muffin Fruit Cup Dragon Fruit Juice	27 Manicotti Mixed Vegetables Whole Grain Roll Ambrosia Salad Grape Juice	28 Roast Pork & Gravy Mashed Potatoes Spinach Whole Grain Roll Pineapple Apple Juice	29 Stuffed Pepper Mashed Potatoes Mixed Vegetables Whole Grain Roll Greek Yogurt Cranberry Juice	

February 2024 Cold Dinner 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.			1 Chicken Salad Tossed Salad with Garbanzo Beans Pudding Apple Juice	2 Ham Salad Chef's Pick Salad Fruit Cup Grape Juice
5 Turkey & Provolone Pickled Beets Assorted Snack Low Sodium V-8	6 Seafood Salad Assorted Salad Fruit Cup Orange Juice	7 Tuna Salad Carrot Raisin Salad Strawberry or Peach Yogurt Low Sodium V-8	8 Chicken Salad Tossed Salad with Garbanzo Beans Pudding Apple Juice	9 CLOSED for Staff Training
12 Ham and Swiss Four Bean Salad Assorted Snack Orange Juice	13 Tuna Salad Pesto & Pasta Salad Fruit Cup Grape Juice	14 Egg & Olive Salad Tossed Salad with Garbanzo Beans Fruit Cup Fruit Punch	15 Chicken Salad Carrot Raisin Salad Fruit Cup Apple Juice	16 Turkey & Cheddar Cucumber & Tomato Salad Fruit Cup Cranberry Juice
19 CLOSED Presidents' Day	20 Low Sodium Ham & Swiss Tossed Salad with Garbanzo Beans Pudding Grape Juice	21 Chicken Salad Zucchini & Tomato Salad Assorted Snack Orange Juice	22 Tuna Salad Adirondack Pea Salad Fruit Cup Fruit Punch	23 Egg Salad Broccoli Raisin Yogurt Orange Juice
26 Low Sodium Ham & Swiss Four Bean Salad Pudding Orange Juice	27 Seafood Salad V-8 Juice Fruit Cup Apple Juice	28 Tuna Salad Garden Cottage Cheese Yogurt Dragon Fruit Juice	29 Turkey Salad Tossed Salad with Garbanzo Beans Fruit Cup Grape Juice	



Healthy Habits

Five Dietary Approaches That May Help Reduce Inflammation

Step 1: Make Fruits and Vegetables Half Your Plate

- Aim to include vegetables and fruit with every meal.
- Eat a variety of brightly colored vegetables and fruits.
- All forms count — including fresh, frozen, canned, and dried. Just be sure to look for products with no added sugars and lower amounts of sodium.
- Focus on vegetables from each subgroup weekly, including dark green, red, and orange vegetables, as well as beans and peas.



Step 2: Be Smart about Protein

- Five to six *ounce-equivalents* per day is appropriate for most people who are moderately active.
- An “ounce-equivalent” is equal to about 1 ounce of cooked animal-based protein like beef, poultry, or fish; 1 egg; ¼ cup of cooked beans; 1 tablespoon of nut butter; or ½ ounce of nuts or seeds.
- When it comes to seafood, select fatty fish containing omega-3s two to three times each week.
- Enjoy meatless meals with tofu, tempeh, and legumes such as beans, peas, and lentils.
- Choose leaner protein foods, such as skinless chicken or turkey or lean cuts of beef and pork.
- Include low-fat or fat-free dairy products, like skim milk and yogurt, which are lower in saturated fat.
- Minimize highly processed foods such as deli meat, bacon, and sausage.

Step 3: Choose Healthy Fats

- Use monounsaturated fats, including olive, safflower, sunflower, canola, peanut, and avocado oils.
- Eat omega-3 rich foods:
 1. *Enjoy salmon or another fatty fish two to three times per week.*
 2. *Snack on nuts, such as walnuts.*
 3. *Toss ground flaxseed, chia seeds, and hemp seeds into salads and other dishes.*
- Minimize highly processed foods that contain partially hydrogenated oils and high amounts of saturated fat.

Step 4: Select Whole Grains

- Choose whole-grain flours and cereals more often, rather than those made with refined flour.
- Include a variety of whole grains, such as brown rice, quinoa, millet, and wheat berries.

Step 5: Experiment with Fresh Herbs and Spices

- Infuse flavor into your dishes by adding fresh herbs.
- Spice up your recipes by experimenting with spices.

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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