

March 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Hot meals served with milk and bread.			1 Beer Battered Fish Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Angel Food Cake with Fruit Orange Juice
4 Spanish Rice with Black Beans Broccoli Whole Grain Roll Tropical Fruit Apple Juice	5 Ravioli Florentine Cauliflower Whole Grain Roll Ambrosia Salad Grape Juice	6 Meatloaf Mashed Potatoes Carrots Whole Grain Roll Mandarin Oranges Cranberry Juice	7 Turkey Tetrazzini Vegetables Whole Grain Roll Fruit Cup Fruit Punch	8 Almond Coated Fish Barley Pilaf Mixed Vegetables Whole Grain Roll Tahini Chocolate Chip Cookie Orange Juice
11 Hot Turkey Sandwich Mashed Potatoes Mixed Vegetables Pears Dragon Fruit Juice	12 Stuffed Shells Mixed Vegetables Whole Grain Roll Rainbow Gelatin Salad Apple Juice	13 Chicken and Biscuits Mashed Potatoes Green Beans Whole Grain Roll Assorted Fruit Orange Juice	14 St. Patrick's Day Corned Beef Boiled Red Potatoes Cabbage & Carrots Rye Bread Pistachio Cake Cranberry Juice	15 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Lemon Pudding with Strawberries Grape Juice
18 Spaghetti & Meatballs Spinach Whole Grain Roll Peaches Grape Juice	19 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Whole Grain Roll Greek Yogurt Apple Juice	20 Breakfast for Lunch French Toast Scrambled Eggs Quinoa Hash & Spinach Fruit Orange Juice	21 Roast Pork Mashed Potatoes Sauerkraut Whole Grain Roll Applesauce Cranberry Juice	22 Tuna Casserole Peas & Carrots Whole Grain Roll Peach Crisp Dragon Fruit Juice
25 Ham & Scalloped Potatoes Mixed Vegetables Rye Bread Fruit Apple Juice	26 Vegetable Lasagna Carrots Whole Grain Roll Tropical Fruit Fruit Punch	27 Roast Turkey Mashed Potatoes Mixed Vegetables Whole Grain Roll Fruit & Yogurt Parfait Orange Juice	28 Manicotti Mixed Vegetables Whole Grain Roll Rice Pudding Cranberry Juice	29 Herb Crusted Fish Winter Squash Brussel Sprouts Whole Grain Roll Dessert Grape Juice

March 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 Egg Salad Chef's Choice Salad Fruit Cup Fruit Punch
4 Low Sodium Ham & Swiss Green Bean Dijon Yogurt Cranberry Juice	5 Seafood Salad Cucumber & Tomato Fruit Cup Fruit Punch	6 Tuna Salad Pesto Pasta Salad Assorted Snack Orange Juice	7 Chicken Salad Tossed Salad with Garbanzo Beans Pudding Apple Juice	8 Egg Salad Chef's Choice Salad Fruit Cup Grape Juice
11 Ham & Swiss Pickled Beets Assorted Snack Low Sodium V-8	12 Turkey & Provolone Assorted Salad Fruit Cup Orange Juice	13 Tuna Salad Carrot Raisin Salad Yogurt Low Sodium V-8	14 Chicken Salad Tossed Salad with Garbanzo Beans Fruit Cocktail Apple Juice	15 Seafood Salad Garden Cottage Cheese Fruit Cup Cranberry Juice
18 Ham & Swiss Four Bean Salad Assorted Snack Orange Juice	19 Tuna Salad Pesto Pasta Salad Fruit Cup Grape Juice	20 Chicken Salad Tossed Salad with Garbanzo Beans Assorted Snack Fruit Punch	21 Turkey & Cheddar Sweet Potato Salad Yogurt Apple Juice	22 Egg & Olive Cucumber & Tomato Salad Fruit Cup Cranberry Juice
25 Turkey & Cheddar Pickled Beets Yogurt Cranberry Juice	26 Ham & Swiss Garbanzo Bean Salad Pudding Grape Juice	27 Seafood Salad Zucchini & Tomato Salad Assorted Snack Orange Juice	28 Chicken Salad Adirondack Pea Salad Fruit Cup Fruit Punch	29 Egg Salad Tossed Salad Fruit Cup Orange Juice



Healthy Habits

Shop Healthy on a Budget

With a little knowledge and advance planning, you can enjoy nutritious foods while sticking to a tight budget.



Plan Grocery Shopping around Sales. The key to smart, budget-friendly grocery shopping is planning ahead. Plan meals around fresh produce, lean protein foods, and low-fat dairy items that are on sale and in season to save money while eating healthy. Check store sale flyers and available coupons on the same items for additional savings. Compare national brands and private store labels for the lowest price.

Create a Shopping List. Use your weekly eating plan to create a primary grocery list and stick to it. Prioritize your food dollars for nutrient-rich vegetables, fruits, low-fat dairy, lean protein foods, and whole grains. To keep your grocery list from growing too long, prepare meals that include similar ingredients throughout the week.



Shopping in the Produce Section. When it comes to fresh vegetables and fruits, shop seasonally. Local, seasonal produce is at its peak flavor and is generally more abundant, so it is usually sold at a lower price.

Look for Frozen or Canned Alternatives. If the produce item you want isn't in season or doesn't fit in your budget, consider purchasing it frozen or canned. Fresh, frozen, canned, and dried fruits and vegetables can be good for you. Canned and frozen fruits and vegetables are picked at peak freshness and can be just as nutritious as fresh foods because canning and freezing preserves many nutrients. Canned and frozen foods offer an alternative to fresh food and may be more budget friendly. Be sure to check the ingredients list to avoid items with added sugars or salt.

Budget Shopping at the Meat Counter. Because meat is often the highest dollar ingredient in a recipe, consider planning meatless meals a few nights each week, or try replacing half the meat in dishes such as chili, meatloaf, or burger patties with beans, sliced mushrooms, or chopped vegetables. Incorporating more non-meat proteins, including beans, nuts, and eggs, can be cost-effective and nutritious.

Buying Whole Grains and Dry Goods. Whole grains and dried beans are generally inexpensive and are an easy way to get more nutrition for your buck. Stock up on these nonperishable items when on sale or take advantage of the bulk bin by purchasing only the amount you need. Dried beans, peas, and lentils are great options to keep on hand. You can buy in bulk, prepare ahead of time, and then freeze so you always have protein and fiber-rich foods on hand.

Reduce Waste. Once you have done your shopping, make the most of your food spending by cutting down on waste. Plan to use highly perishable items — such as fish and seafood, salad greens, berries, and fresh herbs — early in the week, and save more hearty items for later in the week. Enjoy leftovers for lunch or create new meals from leftover ingredients. Cooked meat and vegetables can be revamped as a filling for a casserole, frittata, or soup.

Adapted from Academy of Nutrition and Dietetics, February 2024 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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