

April 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> Salisbury Steak Mashed Potatoes Broccoli Whole Grain Roll Peaches Cranberry Juice	<p style="text-align: center;">2</p> Sloppy Joe Sandwich Sweet Potato Fries Chef Choice Vegetables Rainbow Gelatin Salad Orange Juice	<p style="text-align: center;">3</p> Turkey a la King Brown Rice Mixed Vegetables Corn Muffin Fresh Pear Fruit Punch	<p style="text-align: center;">4</p> Hungarian Goulash Baby Carrots Whole Grain Roll Mango Yogurt Parfait Grape Juice	<p style="text-align: center;">5</p> Chicken Caprese Whole Wheat Pasta Mixed Vegetables Whole Grain Roll Berry Crisp Apple Juice
<p style="text-align: center;">8</p> Swedish Meatballs Egg Noodles Mixed Vegetables Whole Grain Roll Citrus Salad Orange Juice	<p style="text-align: center;">9</p> Chicken Philly Cheesesteak Roasted Red Potatoes Mixed Vegetables Greek Yogurt Grape Juice	<p style="text-align: center;">10</p> Garden Chili Brown Rice Brussel Sprouts Corn Muffin Mandarin Oranges Fruit Punch	<p style="text-align: center;">11</p> Beef Burgundy Noodles Italian Green Beans Whole Grain Roll Tapioca Pudding with Strawberries Apple Juice	<p style="text-align: center;">12</p> <p style="text-align: center;">CLOSED FOR STAFF TRAINING</p>
<p style="text-align: center;">15</p> Greek Cannellini Orzo Whole Grain Roll Greek Yogurt Cranberry Juice	<p style="text-align: center;">16</p> Turkey Swiss Burger Roasted Red Potatoes Spinach Whole Grain Roll Lemon Pudding with Strawberries Grape Juice	<p style="text-align: center;">17</p> Roasted Pork Mashed Potatoes Sauerkraut Rye Bread Applesauce Fruit Punch	<p style="text-align: center;">18</p> Spaghetti & Meatballs Broccoli Whole Grain Roll Fruit Cup Orange Juice	<p style="text-align: center;">19</p> Parmesan Crusted Chicken Brown & Wild Rice Mixed Vegetables Whole Grain Roll Orange Cranberry Muffin Apple Juice
<p style="text-align: center;">22</p> Macaroni & Cheese Stewed Tomatoes Whole Grain Breadstick Greek Yogurt Grape Juice	<p style="text-align: center;">23</p> <p style="text-align: center;">CLOSED FOR VOLUNTEER APPRECIATION LUNCHEON</p>	<p style="text-align: center;">24</p> Tuscan Chicken Pasta Mixed Vegetables Whole Grain Roll Tropical Fruit Fruit Punch	<p style="text-align: center;">25</p> Stuffed Pepper Mashed Potatoes French Cut Green Beans Rye Bread Ambrosia Salad Apple Juice	<p style="text-align: center;">26</p> Meatball Sub Sweet Potato Fries Chef's Choice Vegetable Vanilla Pudding with Banana Orange Juice
<p style="text-align: center;">29</p> Mediterranean Pasta Chef's Choice Vegetable Whole Grain Roll Greek Yogurt Grape Juice	<p style="text-align: center;">30</p> Chicken Patty Sandwich Baked Beans Mixed Vegetables Fruit Cup Fruit Punch	<p style="text-align: center;">Menu subject to change without notice.</p>	<p style="text-align: center;">Hot meals served with milk and bread</p>	

April 2024 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> Turkey & Cheddar Pickled Beets Grape Juice	<p style="text-align: center;">2</p> Tuna Salad Broccoli Raisin Salad Cranberry Juice	<p style="text-align: center;">3</p> Egg Salad Tossed Salad with Garbanzo Beans Orange Juice	<p style="text-align: center;">4</p> Turkey Adirondack Pea Salad Apple Juice	<p style="text-align: center;">5</p> Seafood Salad Pesto Pasta Salad Low Sodium V8
<p style="text-align: center;">8</p> Lower Sodium Ham & Swiss Dijon Green Bean Salad Cranberry Juice	<p style="text-align: center;">9</p> Seafood Salad Cucumber & Tomato Salad Fruit Punch	<p style="text-align: center;">10</p> Chicken Salad Potato Salad Orange Juice	<p style="text-align: center;">11</p> Tuna Salad Tossed Salad with Garbanzo Beans Apple Juice	<p style="text-align: center;">12</p> <p style="text-align: center;">CLOSED FOR STAFF TRAINING</p>
<p style="text-align: center;">15</p> Turkey & Provolone Pickled Beets Grape Juice	<p style="text-align: center;">16</p> Seafood Salad Cucumber & Tomato Salad Apple Juice	<p style="text-align: center;">17</p> Egg Salad Dijon Green Bean Salad Cranberry Juice	<p style="text-align: center;">18</p> Low Sodium Ham & Swiss Sweet Potato Salad Fruit Punch	<p style="text-align: center;">19</p> Tuna Salad Tossed Salad with Garbanzo Beans Orange Juice
<p style="text-align: center;">22</p> Ham & Swiss Four Bean Salad Orange Juice	<p style="text-align: center;">23</p> <p style="text-align: center;">CLOSED FOR LUNCHEON</p>	<p style="text-align: center;">24</p> Egg & Olive Salad Tossed Salad with Garbanzo Beans Cranberry Juice	<p style="text-align: center;">25</p> Turkey Salad Coleslaw Grape Juice	<p style="text-align: center;">26</p> Tuna Salad Garbanzo Bean Fruit Punch
<p style="text-align: center;">29</p> Turkey & Cheddar Pickled Beets Orange Juice	<p style="text-align: center;">30</p> Tuna Salad Pesto Pasta Salad Cranberry Juice	<p>If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.</p>		



Healthy Habits

Ways to Protect Against Memory Loss

To help preserve mental function, we should focus on protecting the brain and mind from degeneration. Each suggestion below works in a different way, but all are beneficial. Try the following to help slow or lessen the risks of age-related memory loss and dementia (including Alzheimer's disease):



HEALTHY FOOD

1. Eat an anti-inflammatory diet. This can help to lessen the risk of inflammation, oxidative stress, and related health issues which may be linked to Alzheimer's disease. This is a diet rich in antioxidants and omega-3 fatty acids. Vegetables and fruits are the best sources of antioxidants, although tea and dark chocolate contribute as well. Oily cold-water fish, freshly ground flaxseed, and walnuts all provide omega-3s.

2. Participate in regular physical activity. You can help slow memory loss with regular exercise. Physical exercise seems to correlate with better mental function, perhaps because of improved circulation.



REGULAR SLEEP

3. Get proper rest and sleep. The body needs rest, both to balance physical activity and to recharge the mind. Being passive, taking in your surroundings without reacting, and simply "not doing" are valuable and necessary for optimum health and healthy aging.



STRESS MANAGEMENT

4. Neutralize your stress. Studies show that maintaining a positive attitude and positive emotional state may help ward off cognitive decline.

5. Learn to relax. Practicing regular relaxation techniques like meditation or yoga (chair yoga is fine) can help.

6. Stay involved. Social ties, involvement in faith-based groups and community, and meaningful relationships all seem to be protective.



READING

7. Keep your mind active. Research shows that the adage "use it or lose it" applies to your mental power as much as to the rest of your body. Crossword puzzles, word games, reading, and educational classes can all help you keep your brain agile and strong. Combining physical and mental exercise can also be helpful: for example, singing songs while walking or trying to recall plot lines of movies and plays while gardening. A little challenge every day will serve you well overall.

Adapted from Academy of Dr. Andrew Weil, March 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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