

May 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 with Mushroom Gravy Mashed Potatoes Carrots Whole Grain Roll Tapioca Pudding with Oranges Dragon Fruit Juice	2 Pork Stir Fry with Asian Vegetables over Brown Rice Bread Fruit Mix Cranberry Juice	3 Cinco de Mayo Taco Casserole Mixed Vegetables Corn Muffin Dessert Apple Juice		
		6 Chicken Spiedies on Whole Grain Roll Roasted Potatoes Spinach Greek Yogurt Cranberry Juice	7 Meatball Sub on Whole Grain Roll Sweet Potato fries Cauliflower Fruit Salad Grape Juice	8 Turkey a la King Brown Rice Mixed Vegetables Rye Bread Fruit Cup Orange Juice	9 Greek Chicken with Long Grain Wild Rice Mixed Vegetables Whole Grain Roll Lemon Pudding with Strawberries Dragon Fruit Juice	10 Philly Cheesesteak on Whole Grain Bun Baked Beans Broccoli Muffin Apple Juice
		13 Garden Chili Brown Rice Corn Muffin Pineapple Cranberry Juice	14 Sloppy Joe Sandwich Roasted Red Potatoes Brussel Sprouts Peach Parfait Apple Juice	15 Chicken Caprese Whole Grain Pasta Mixed Vegetables Whole Grain Roll Fresh Orange Dragon Fruit Juice	16 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Greek Yogurt with Blueberries Orange Juice	17 Meatloaf Baked Potato Mixed Vegetables Whole Grain Roll Carrot Cake Fruit Punch
		20 Bratwurst with Sauerkraut on Whole Grain Bun Sweet Potato Fries Asparagus Peaches Juice	21 Caramelized Onions and Cheddar Cheeseburger on Whole Grain Roll Baked Beans Mixed Vegetables Tropical Fruit Grape Juice	22 Whole Grain Penne Pasta with Chicken Meatballs Spinach Whole Wheat Roll Triple Berry Crisp Apple Juice	23 Beef Burgundy Mixed Vegetable Whole Grain Roll Pineapple Fruit Punch	24 Chicken Sausage with Onions & Peppers on Whole Grain Roll Penne Pasta Mixed Vegetables Dessert Cranberry Juice
		27 CLOSED Memorial Day Holiday 	28 Chicken Philly Cheesesteak on Whole Grain Roll Sweet Potato Fries Green Beans Fruit Salad Grape Juice	29 Roast Pork Mashed Potatoes Carrots Whole Grain Roll Applesauce Orange Juice	30 Cannellini with Beans and Orzo Mixed Vegetables Whole Grain Roll Chocolate Pudding & Raspberries Apple Juice	31 Pesto Chicken Bow Tie Pasta Mixed Vegetables Whole Grain Roll Cookie Cranberry Juice

May 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 Tossed Salad with Garbanzo Beans Apple Juice	2 Chicken Salad Potato Salad Grape Juice	3 Turkey & Cheddar Cucumber & Tomato Salad Orange Juice	
	6 Lower Sodium Ham Four Bean Salad Orange Juice	7 Chicken Salad Coleslaw Apple Juice	8 Seafood Salad Garden Cottage Cheese Fruit Punch	9 Egg Salad Chef's Pick Salad Cranberry Juice	10 Tuna Salad Broccoli Raisin Salad Grape Juice
	13 Turkey Pickled Beets Orange Juice	14 Egg Salad Pesto Pasta Salad Grape Juice	15 Roast Beef Tossed Salad with Garbanzo Beans Fruit Punch	16 Tuna Salad Adirondack Pea Salad Dragon Fruit Juice	17 Chicken Salad Sweet Potato Salad Apple Juice
	20 Ham & Provolone Four Bean Salad Cranberry Juice	21 Egg Salad Low Sodium V-8 Dragon Fruit Juice	22 Tuna Salad Garden Cottage Cheese Orange Juice	23 Turkey & Swiss Tossed Salad with Garbanzo Beans Apple Juice	24 Seafood Salad Adirondack Pea Salad Grape Juice
	27 CLOSED Memorial Day Holiday	28 Low Sodium Ham Four Bean Salad Orange Juice	29 Seafood Salad Garden Cottage Cheese Fruit Punch	30 Egg Salad Sweet Potato Salad Cranberry Juice	31 Tuna Salad Broccoli Raisin Salad Grape Juice



Healthy Habits

Lifestyle and Managing Stress

Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. The fact that stress can impact food choices is not news. However, there might be more to the relationship between food and stress than you know.

Our Body's Fight or Flight Response. Your central nervous system releases stress hormones such as adrenaline and cortisol when you feel anxious or stressed. These hormones trigger the "fight or flight" response, which gets your body ready for action. For example, your heart might beat more rapidly, your blood pressure may rise, and your rate of breathing might increase. Being in a chronic state of stress can cause long-term health problems. In addition to feeling anxious, some people may become depressed, struggle to get a good night's sleep, or experience digestive issues.

Can Certain Nutrients Ease Stress? Research linking certain nutrients to stress management is limited. Follow a nutritious eating plan to get the vitamins and minerals you need. As these nutrients are already important in a healthy eating pattern, the best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that may work together to promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans, and meats.

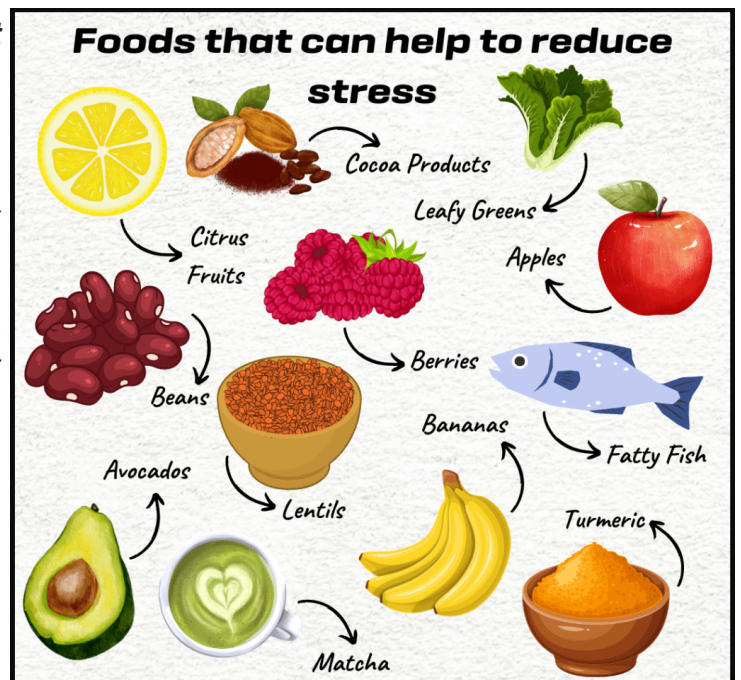
Do Vitamin and Mineral Supplements Combat Stress? Some supplements claim to help manage stress. However, the evidence supporting these supplements is limited and more research is needed. Talk with your health care provider before taking any vitamin and mineral supplements.

Stress-Busters When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity also is beneficial for managing stress. As little as five minutes of exercise per day can be beneficial. A registered dietitian nutritionist can help you establish an individualized healthy eating plan that includes specific food preferences and goals for physical activity.

Other ways to help ease stress might include:

- Relaxation activities such as meditation, guided imagery, or breathing exercises.
- Socializing with friends and loved ones for emotional support during stressful situations.
- Limiting excess caffeine consumption.
- Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.

Adapted from Academy of Nutrition and Dietetics, April 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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