

July 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> Beef Macaroni Casserole Spinach Peaches Apple Juice	<p style="text-align: center;">2</p> Grilled Chicken Sandwich Sweet Potato Fries Green Beans Cantaloupe & Blueberries Grape Juice	<p style="text-align: center;">3</p> Pulled Pork Sandwich Baked Beans Cauliflower Applesauce Orange Juice	<p style="font-size: 2em; font-weight: bold;">CLOSED</p> Happy Independence Day!	
<p style="text-align: center;">8</p> Meatloaf Mashed Potatoes Carrots Greek Yogurt Apple Juice	<p style="text-align: center;">9</p> Turkey Burger Roasted Red Potatoes Beets Fruit Cup Fruit Punch	<p style="text-align: center;">10</p> Pork Stir Fry Brown Rice Mixed Vegetables Fresh Apple Dragon Fruit Juice	<p style="text-align: center;">11</p> Lasagna Mixed Vegetables Tapioca Pudding with Orange Sections Cranberry Juice	<p style="text-align: center;">12</p> Marinated Chicken Wild Rice Green Beans Dessert Apple Juice
<p style="text-align: center;">15</p> Herb Crusted Cod Sweet Potato Mixed Vegetables Greek Yogurt Cranberry Juice	<p style="text-align: center;">16</p> Sloppy Joe Sandwich Roasted Root Vegetables Peas Lemon Pudding with Strawberries Grape Juice	<p style="text-align: center;">17</p> Mediterranean Pasta Cauliflower Fruit Salad Deluxe Orange Juice	<p style="text-align: center;">18</p> Beef and Lentil Stew Wild Rice Green Beans Fruit Dragon Fruit Juice	<p style="text-align: center;">19</p> Chicken Cheesesteak Roasted Red Potatoes Zucchini and Yellow Squash Dessert Fruit Punch
<p style="text-align: center;">22</p> Bratwurst Sauerkraut Roasted Potatoes Mixed Vegetables Pineapple Cranberry Juice	<p style="text-align: center;">23</p> Pesto Chicken Bow Tie Pasta Zucchini & Tomato Peach Parfait Apple Juice	<p style="text-align: center;">24</p> Salisbury Steak with Mushroom Gravy Egg Noodles Mixed Vegetables Pears Orange Juice	<p style="text-align: center;">25</p> Greek Chicken Brown and Wild Rice Mixed Vegetables Fresh Orange Grape Juice	<p style="text-align: center;">26</p> Spaghetti & Meatballs Vegetable Dessert Fruit Punch
<p style="text-align: center;">29</p> Garden Chili Brown Rice Zucchini Mandarin Oranges Orange Juice	<p style="text-align: center;">30</p> Cheeseburger Baked Beans Mixed Vegetables Gelatin with Fruit Grape Juice	<p style="text-align: center;">31</p> Roasted Turkey Mashed Potatoes Mixed Vegetables Tropical Fruit Apple Juice	<p>Menu subject to change without notice.</p>	<p>Hot meals served with milk and whole grain breads and pasta.</p>

July 2024 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> Turkey and Swiss Four Bean Salad Grape Juice	<p style="text-align: center;">2</p> Tuna Salad Broccoli Raisin Salad Orange Juice	<p style="text-align: center;">3</p> Seafood Salad Coleslaw Fruit Punch	<p style="font-size: 2em; font-weight: bold;">CLOSED</p> Happy Independence Day!	
<p style="text-align: center;">8</p> Ham and Swiss Pickled Beets Assorted Juice	<p style="text-align: center;">9</p> Seafood Salad Pasta Pesto Salad Cranberry Juice	<p style="text-align: center;">10</p> Egg Salad Tossed Salad with Garbanzo Beans Apple Juice	<p style="text-align: center;">11</p> Chicken Salad Potato Salad Grape Juice	<p style="text-align: center;">12</p> Tuna Salad Israeli Couscous Salad Orange Juice
<p style="text-align: center;">15</p> Low Sodium Ham Four Bean Salad Orange Juice	<p style="text-align: center;">16</p> Turkey Salad Zucchini & Tomato Salad Apple Juice	<p style="text-align: center;">17</p> Chicken Salad Garden Cottage Cheese Fruit Punch	<p style="text-align: center;">18</p> Egg Salad Broccoli Raisin Salad Cranberry Juice	<p style="text-align: center;">19</p> Tuna Salad Chef's Pick Salad Grape Juice
<p style="text-align: center;">22</p> Turkey & Provolone Pickled Beets Cranberry Juice	<p style="text-align: center;">23</p> Ham Salad Pesto Pasta Salad Grape Juice	<p style="text-align: center;">24</p> Chicken Salad Tossed Salad with Garbanzo Beans Cranberry Juice	<p style="text-align: center;">25</p> Tuna Salad Adirondack Pea Salad Dragon Fruit Juice	<p style="text-align: center;">26</p> Egg Salad Sweet Potato Salad Apple Juice
<p style="text-align: center;">29</p> Ham and Provolone Four Bean Salad Cranberry Juice	<p style="text-align: center;">30</p> Egg Salad Low Sodium V-8 Dragon Fruit Juice	<p style="text-align: center;">31</p> Tuna Salad Garden Cottage Cheese Orange 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

Eat More Berries

Research has shown a significant link between berry consumption and improved heart health. You cannot get the same benefit from a pill or supplement. This can prove to be a tasty way to protect your heart!

These findings come from a study by scientists at the Harvard School of Public Health and Harvard Medical School. The findings revealed that over the course of 18 years those who consumed berries up to three times per week were 34% less likely to develop heart disease.

Why might that be?

Berries (particularly strawberries and blueberries) are rich in a chemical compound called anthocyanins. Research shows that anthocyanins have several effects on the body. They **lower blood pressure** and they **make blood vessels more elastic**. Berries are also an excellent source of **vitamin C (strengthens the immune system)** and **potassium (lowers blood pressure)**.

How to get more berries into your diet:

- ◆ Start the day with berries in your yogurt, cereal, oatmeal, or smoothie.
- ◆ Berries are also great in salads.
- ◆ Make a smoothie! A simple smoothie recipe: 8 oz. milk or non-dairy alternative (such as almond or oat milk), ½ cup vanilla Greek yogurt (for added protein), and ½-1 cup frozen or fresh berries.
- ◆ Berries make a great snack, too!

Adapted from Harvard Health Newsletter 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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