

August 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	Hot meals served with milk and whole grain breads and pasta.		1 Chicken Stir Fry over Brown Rice Mandarin Oranges Cranberry Juice	2 Greek Cannellini Orzo Dessert Dragon Fruit Juice
5 Beef Macaroni Casserole Summer Squash & Cherry Tomatoes Peaches Apple Juice	6 Grilled Chicken Sandwich Sweet Potato Fries Green Beans Cantaloupe & Blueberries Grape Juice	7 Pulled Pork Sandwich Baked Beans Cauliflower Apple Slices Orange Juice	8 Macaroni & Cheese Stewed Tomatoes Dessert Cranberry Juice	9 Closed for Staff Training
12 Meatloaf Mashed Potatoes with Gravy Carrots Tapioca Pudding with Orange Sections Apple Juice	13 Turkey Burger Roasted Sweet Potatoes Beets Tropical Fruit Fruit Punch	14 Penne Pasta with Meat Sauce Mixed Vegetables Fruit Cup Dragon Fruit Juice	15 Pork Stir Fry Asian Vegetables Brown Rice Fresh Apple Cranberry Juice	16 Cheesesteak Roasted Red Potatoes Green Beans Dessert Apple Juice
19 Herb Crusted Cod Wild Rice Broccoli & Sun-dried Tomatoes Cranberry Juice	20 Sloppy Joe Sweet Potato Fries Mixed Vegetable Lemon Pudding with Strawberries Grape Juice	21 Turkey a la King Cauliflower Fruit Salad Orange Juice	22 Beef & Lentil Stew Rice & Couscous Green Beans Grapes Dragon Fruit Juice	23 Chicken Caprese Bow Tie Pasta Zucchini & Yellow Squash Dessert Fruit Punch
26 Spanish Rice with Black Beans Mixed Vegetables Pineapple Cranberry Juice	27 Chicken Sandwich Baked Beans Zucchini & Tomatoes Peach Parfait Apple Juice	28 Salisbury Steak with Mushroom Gravy Mashed Potatoes Mixed Vegetables Pears Orange Juice	29 Chicken Ratatouille over Bow Tie Pasta Fresh Orange Grape Juice	30 Meatball Sub Sweet Potato Fries Brussel Sprouts Rainbow Gelatin Fruit Punch

August 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 Seafood Salad Tossed Salad with Garbanzo Beans Grape Juice	2 Turkey Salad Carrot Raisin Salad Apple Juice
5 Turkey & Swiss Pickled Beets Grape Juice	6 Tuna Salad Broccoli Raisin Salad Orange Juice	7 Egg Salad Coleslaw Fruit Punch	8 Chicken Salad Cucumber Tomato Salad Apple Juice	9 Closed for Staff Training
12 Ham & Swiss Four Bean Salad Assorted Juice	13 Seafood Salad Pesto Pasta Salad Cranberry Juice	14 Egg Salad Tossed Salad with Garbanzo Beans Apple Juice	15 Chicken Salad Green Bean Dijon Salad Grape Juice	16 Tuna Salad Potato Salad Orange Juice
19 Turkey & Cheddar Beet Salad Orange Juice	20 Seafood Salad Zucchini & Tomatoes Apple Juice	21 Egg Salad Garden Cottage Cheese Fruit Punch	22 Chicken Salad Broccoli Raisin Salad Cranberry Juice	23 Tuna Salad Chef's Choice Salad Grape Juice
26 Ham & Swiss Four Bean Salad Orange Juice	27 Egg Salad Pesto Pasta Salad Grape Juice	28 Chicken Salad Tossed Salad with Garbanzo Beans Cranberry Juice	29 Tuna Salad Adirondack Pea Salad Dragon Fruit Juice	30 Turkey Salad Sweet Potato Salad Apple Juice



Healthy Habits

Antioxidants: Protecting Healthy Cells

Our bodies are battlegrounds against infection and diseases. Environmental exposures, such as smoking, pollution, and ultra-violet (UV) rays from the sun, produce substances called free radicals that attack healthy cells. When these healthy cells are weakened, they are more susceptible to cardiovascular disease and certain types of cancers. Antioxidants — such as vitamins C and E and carotenoids, which include beta-carotene, lycopene, and lutein — help protect healthy cells from damage caused by free radicals.

Carotenoids

Beta-carotene, lycopene, and lutein are well-known carotenoids in the fight to reduce the damage from free radicals. Foods high in carotenoids may be effective in helping to reduce the chance of developing certain cancers and may help decrease your risk of macular degeneration. Foods high in carotenoids include red, orange, deep-yellow, and some dark-green leafy vegetables; these include sweet potatoes, spinach, carrots, tomatoes, Brussels sprouts, winter squash, and broccoli.



Vitamin E

Research has demonstrated the broad role of vitamin E in promoting health. The main role of vitamin E is as an antioxidant. Research has looked at its possible role in helping to protect your body from cell damage that can lead to cancer, heart disease, and cataracts as we age. Vitamin E also may work with other antioxidants such as vitamin C to offer protection from some chronic diseases. Vitamin E is found in vegetable oils, wheat germ, whole-grains, and fortified cereals, seeds, nuts, and peanut butter.

Vitamin C

Perhaps the best-known antioxidant, vitamin C, offers a wide variety of health benefits. These benefits include protecting your body from infection and damage to body cells, helping produce collagen (the connective tissue that holds bones and muscles together), and helping in the absorption of iron. To take advantage of these benefits, eat foods rich in vitamin C such as citrus fruits (including oranges, grapefruits, and tangerines), strawberries, sweet peppers, tomatoes, broccoli, and potatoes.

Challenges to Healthful Eating

The best way to build a healthy eating plan is to eat well-balanced meals and snacks each day and to enjoy a wide variety of foods. For most adults, eating at least 1½ to 2 cups of fruits and 2½ to 3 cups of vegetables daily is a good start for healthful living. Remember: Fresh, frozen, dried, and canned fruits and vegetables can all be nutritious choices! Choose frozen and canned options without added sugars or salt.

Adapted from Academy of Nutrition and Dietetics 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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