

## October 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.</b></p>	<p>1 Ravioli Florentine Cauliflower Mandarin Oranges Apple Juice</p>	<p>2 Meatloaf with Gravy Mashed Potatoes Carrots Fruit Salad Deluxe Grape Juice</p>	<p>3 Sloppy Joe Sandwich Roasted Red Potatoes Brussel Sprouts Vanilla Yogurt with Fresh Strawberry Dragon Fruit Juice</p>	<p>4 Chicken Caprese Bow Tie Pasta Mixed Vegetables Apple Crisp Orange Juice</p>	
	<p>7 Pork Stir Fry with Mixed Vegetables Applesauce Orange Juice</p>	<p>8 Manicotti Spinach Mandarin Oranges Grape Juice</p>	<p>9 Swedish Meatballs Egg Noodles Broccoli Tropical Fruit Apple Juice</p>	<p>10 Marinated Chicken Wild Rice Brussel Sprouts Gelatin with Fruit Cranberry Juice</p>	<p>11  <b>CLOSED Staff Training Day</b></p>
	<p>14  <b>CLOSED Indigenous Peoples' Day</b></p>	<p>15 Stuffed Peppers Mashed Potatoes Green Beans Tropical Fruit Peach Parfait Grape Juice</p>	<p>16 Baked Haddock Wild Rice Winter Squash Fresh Orange Cranberry Juice</p>	<p>17 Vegetable Lasagna Mixed Vegetables Rainbow Gelatin Orange Juice</p>	<p>18 Beef &amp; Lentil Stew Brown &amp; Wild Rice Mixed Vegetables Gingerbread Fruit Punch</p>
	<p>21 Turkey a la King Brown Rice Mixed Vegetables Greek Yogurt Orange Juice</p>	<p>22 Fish Sandwich Sweet Potato Coleslaw Banana Pudding Fruit Punch</p>	<p>23 Gnocchi with Chickpeas and Zucchini Mixed Vegetables Fruit Cup Dragon Fruit Juice</p>	<p>24 <b>OKTOBERFEST</b> Bratwurst German Potato Salad Green Beans German Chocolate Cake Cranberry Juice</p>	<p>25 Lentil Bolognese over Pasta Mixed Vegetables Chef's Choice Dessert Orange Juice</p>
	<p>28 Macaroni &amp; Cheese Stewed Tomatoes Fresh Fruit Cranberry Juice</p>	<p>29 Mushroom &amp; Swiss Turkey Burger Sweet Potato Fries Broccoli Lemon Pudding with Strawberries Grape Juice</p>	<p>30 Roasted Pork Mashed Potatoes Carrots Apple Slices Orange Juice</p>	<p>31 GHOUL-ash Vegetable Pumpkin Muffin Dragon Fruit Juice</p>	<p><b>Hot meals served with milk and whole grain breads and pasta.</b></p>

## October 2024 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Chicken Salad Green Bean Dijon Dragon Fruit Juice</p>	<p>2 Tuna Salad Cucumber and Tomato Salad Fruit Punch</p>	<p>3 Turkey Salad Tossed Salad with Garbanzo Beans Apple Juice</p>	<p>4 Seafood Salad Chef's Choice Salad Cranberry Juice</p>
<p>7 Turkey &amp; Provolone Low Sodium V-8 Dragon Fruit Juice</p>	<p>8 Ham Salad Carrot Raisin Salad Apple Juice</p>	<p>9 Egg Salad Tossed Salad with Garbanzo Beans Grape Juice</p>	<p>10 Tuna Salad Garden Cottage Cheese Orange Juice</p>	<p>11  <b>CLOSED Staff Training Day</b></p>
<p>14  <b>CLOSED Indigenous Peoples' Day</b></p>	<p>15 Turkey &amp; Cheddar Pickled Beets Orange Juice</p>	<p>16 Egg Salad Coleslaw Fruit Punch</p>	<p>17 Chicken Salad Cucumber Tomato Salad Apple Juice</p>	<p>18 Ham Salad Broccoli Raisin Salad Cranberry Juice</p>
<p>21 Ham &amp; Swiss Four Bean Salad Fruit Punch</p>	<p>22 Chicken Salad Pesto Pasta Salad Cranberry Juice</p>	<p>23 Egg Salad Tossed Salad with Garbanzo Beans Apple Juice</p>	<p>24 Chicken Salad Green Bean Dijon Salad Grape Juice</p>	<p>25 Tuna Salad Potato Salad Dragon Fruit Juice</p>
<p>28 Turkey &amp; Cheddar Beet Salad Orange Juice</p>	<p>29 Seafood Salad Zucchini &amp; Tomato Salad Apple Juice</p>	<p>30 Egg Salad Garden Cottage Cheese Fruit Punch</p>	<p>31 Chicken Salad Broccoli Raisin Salad Cranberry Juice</p>	<p><b>Menu is subject to change without notice.</b></p>



# Healthy Habits

## Feeding Your Body, Feeding Your Brain, Part II



### Diet and Dementia Risk

Food may not be the first thing that comes to your mind when you think about reducing your risk of dementia or Alzheimer's disease. However, what you eat has an enormous impact not only on your weight, heart health, and cancer risks, but also on your mood, your mental abilities, and your risk of developing dementia. Research shows that a plant-based diet that contains abundant fruits, vegetables, legumes, nuts, and whole grains—with limited amounts of animal products—is best for cognitive fitness. Another benefit to a plant-based diet is that it can help with weight loss, and obesity is a risk factor for dementia. There is even a diet called MIND, developed by Rush University nutritional epidemiologist Martha Clare Morris, ScD, and her colleagues. The MIND diet combines elements of the Mediterranean diet and the DASH diet, which reduces high blood pressure (DASH stands for Dietary Approaches to Stop Hypertension, and MIND stands for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay).

### Why does the MIND diet work?

We do not know for sure, but the brain-healthy foods contain antioxidants, Omega-3s, vitamin E, folate, flavonoids, and carotenoids, which work to fight inflammation and prohibit amyloid deposits, both of which are thought to be connected to neurodegenerative disease. Focusing on an overall healthy eating pattern that includes these nutrients from foods is important for good health.

Get these nutrients from a variety of fruits, vegetables, whole grains, protein foods, and healthy fats, including:

- Berries, including strawberries and blueberries, citrus fruits, grapes, and watermelon
- Dark, leafy greens such as spinach, kale, collard greens, and broccoli
- Whole-wheat bread, oats, quinoa, and other whole grains
- Seafood, including shellfish, and fish such as salmon, mackerel, tuna, sardines, and herring
- Nuts and seeds such as chia, flaxseed, walnuts, and almonds
- Beans and lentils, including chickpeas, black beans, and lima beans
- Whole eggs, skinless chicken, and turkey
- Sources of unsaturated fat such as avocados and olive oil

Remember: While making healthful food choices is a vital part of a healthy lifestyle, other important factors that contribute to overall health include getting enough sleep, managing stress, staying hydrated, and adding regular physical activity (what is safe for you) to your daily routine.

*Adapted from Academy of Nutrition and Dietetics and [hebrewseniorlife.org](http://hebrewseniorlife.org) 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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