

## December 2024 Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuna Noodle Casserole Green Beans Assorted Fruit Cranberry Juice	3 Sloppy Joe Sandwich Sweet Potato Fries Broccoli Greek Yogurt Grape Juice	4 Pork Vegetable Stir Fry Brown Rice Apple Orange Juice	5 Beef Burgundy Egg Noodles Carrots Lemon Pudding with Strawberries Dragon Fruit Juice	6 Spaghetti & Meatballs Brussels Sprouts Dessert Apple Juice
9 Baked Haddock Barley & Rice Pilaf Mixed Vegetables Pineapple Grape Juice	10 Stuffed Peppers Mashed Potatoes Mixed Vegetables Vanilla Yogurt with Berries Orange Juice	11 <b>CLOSED Staff Training</b>	12 Beef & Mushroom Stroganoff Egg Noodles Brussels Sprouts Mandarin Orange Dragon Fruit Juice	13 <b>CLOSED Nutrition Staff Training</b>
16 Vegetable Quiche Home Fries Broccoli Tropical Fruit Dragon Fruit Juice	17 Hot Turkey Sandwich Mashed Potatoes Vegetables Dessert Grape Juice	18 Meatball Sub Sweet Potato Fries Cauliflower Rice Pudding Apple Juice	19 <b><i>Holiday Dinner</i></b> Turkey Scalloped Potatoes Green Beans Cherry Cheesecake Fruit Punch	20 Vegetable Lasagna Broccoli Strawberry Yogurt Grape Juice
23 Pork Chop Mashed Potatoes Stuffing Sauerkraut Spiced Applesauce Apple Juice	24 Ravioli with Mushroom Sage Sauce Mixed Vegetables Dessert Grape Juice	25 <b>CLOSED CHRISTMAS HOLIDAY</b>	26 Cabbage Rolls Mashed Potatoes Vegetables Fresh Orange Cranberry Juice	27 Macaroni & Cheese Stewed Tomatoes Dessert Fruit Punch
30 <b>Hanukkah</b> Brisket Mashed Potatoes Honey Glazed Carrots Dessert Orange Juice	31 Chicken Cacciatore Penne Pasta Cauliflower Banana Pudding Fruit Punch	<b>If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.</b>		

## December 2024 Cold Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey and Cheddar Beet Salad Orange Juice	3 Seafood Salad Zucchini & Tomato Apple Juice	4 Egg Salad Pasta Salad Fruit Punch	5 Chicken Salad Broccoli Raisin Salad Cranberry Juice	6 Tuna Salad Tossed Salad with Garbanzo Beans Fresh Fruit
9 Ham and Swiss Four Bean Salad Cranberry Juice	10 Egg Salad Pasta Salad Fresh Fruit	11 <b>CLOSED Staff Training</b>	12 Tuna Salad Tossed Salad with Garbanzo Beans Fresh Fruit or Cup	13 <b>CLOSED Nutrition Staff Meeting</b>
16 Turkey and Provolone Low Sodium V-8 Fresh Fruit	17 Ham Salad Carrot Raisin Salad Dragon Fruit Juice	18 Chicken Salad Sweet Potato Salad Fresh Fruit	19 Egg Salad Tossed Salad with Garbanzo Beans Grape Juice	20 Tuna Salad Garden Cottage Cheese Fresh Fruit
23 Ham and Swiss Pickled Beets Orange Juice	24 Egg Salad Zucchini Tomato Salad Fresh Fruit	25 <b>CLOSED CHRISTMAS HOLIDAY</b>	26 Turkey & Cheddar Pasta & Pesto Salad Fresh Fruit	27 Chicken Salad Coleslaw Cranberry Juice
30 Ham & Swiss Four Bean Salad Fresh Fruit	31 Seafood Salad Pesto Pasta Salad Cranberry Juice		<b>Menu is subject to change without notice.</b>	<b>Hot meals served with milk and whole grain breads and pasta.</b>



# Healthy Habits

## Understanding Diabetes – Part II

For our November 2024 education, information on the types of diabetes was provided along with details on signs, symptoms, and testing. Read on for more tips on better managing your blood sugar.

### Managing Blood Glucose Levels

If you've been diagnosed with diabetes, a registered dietitian nutritionist, or RDN, will work with you and other members of your health care team to help you manage your blood glucose levels and reduce your risk of possible complications. Some goals your care team may work with you on include:

- Keeping blood glucose levels within a normal range or as close to normal as possible, which can prevent or reduce complications.
- Keeping blood pressure in normal ranges.
- Working to reach healthy cholesterol levels.

People with Type 1 diabetes need daily insulin injections or an insulin pump. People with Type 2 diabetes can help control blood sugar levels through food choices, physical activity, and for some people, a combination of medication and insulin injections.

### Healthful Eating Tips to Help Manage Diabetes

- Limit foods and drinks that are high in added sugars. Aim for foods with less than 5 grams of *added sugar* per serving.
- Select smaller portions, spread out over the day.
- Make carbohydrates count by choosing whole grains, fruits, and vegetables, which will help limit sources of refined carbs.
- Enjoy a variety of whole-grain foods, fruits, vegetables, lean sources of protein, and low-fat or fat-free dairy products every day.
- Eat less saturated fat and focus on healthy fat sources such as avocados, olive and canola oil, nuts, and seeds.
- Limit your consumption of alcohol, if you choose to drink. Be sure to discuss with your health care provider.
- Use less 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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