

March 2022 Menu

Dutchess County Office for the Aging - Nutrition
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 845-486-2555 • www.dutchessny.gov/OFANutrition



Monday	Tuesday	Wednesday	Thursday	Friday
March Is Women's History Month National Nutrition Month	1 Bar-B-Que Rib Rice and Beans Broccoli Florets Whole Wheat Bread Applesauce	2 Chicken a la King with Mixed Vegetables Red Potatoes Whole Wheat Roll Peaches	3 Swedish Meatballs Noodles Sliced Carrots Italian Bread Mandarin Oranges	4 Apple Sausage German Potato Salad Winter Mix Vegetables Whole Wheat Bread Pineapple
	7 Stuffed Shells Italian Green Beans Italian Bread Pears	8 Meatloaf and Gravy Mashed Potatoes Spinach Whole Wheat Roll Apricots	9 Chicken Sandwich Tater Tots California Mix Vegetables Hamburger Bun Tropical Fruit	10 Roast Pork and Gravy New Potatoes Broccoli Whole Wheat Bread Applesauce
14 Sweet and Sour Chicken Rice Asian Blend Vegetables Whole Wheat Bread Peaches	15 Italian Meatballs Ziti and Sauce Capri Mixed Vegetables Italian Bread Pineapple	16 Seafood Creole Rice Green Beans Whole Wheat Bread Mandarin Orange	17 - St Patrick's Day Irish Stew with New Potatoes Cabbage and Carrots Dinner Roll Irish Lime Jello	18 Cheese and Vegetable Omelet Tater Tots Sonoma Mixed Vegetables Pears
21 Beef Hot Dogs on a Roll (w/ Mustard) Baked Beans California Blend Vegetables Fruit Cocktail	22 Chicken Marsala Parslied Potatoes Brussels Sprouts Rye Bread Peaches	23 Salisbury Steak with Mushroom Gravy Mashed Potatoes Peas and Carrots Whole Wheat Bread Tropical Fruit	24 Chicken Parmesan Ziti and Sauce Italian Mix Vegetables Italian Bread Apricots	25 Fish Sandwich on a Bun Tater Tots Broccoli Hamburger Roll Chocolate Pudding
28 Turkey and Macaroni Casserole Green Beans Italian Bread Mandarin Orange	29 Hamburger on a Bun German Potato Salad Sliced Carrots Hamburger Roll Applesauce	30 Turkey a la King with Mixed Vegetables Rice Whole Wheat Bread Peaches	31 Polish Sausage Rice and Beans Buttered Corn Whole Wheat Roll Peaches	All meals served with 1/2 pint of 1% milk All meals subject to change without notice





NATIONAL NUTRITION MONTH® 2022 CELEBRATE A WORLD OF FLAVORS



Happy National Nutrition Month! National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. This year's theme is Celebrate a World of Flavors. Build a healthy plate by embracing global cultures, cuisines and inclusivity. Take a trip around the world and learn about how the countries listed below include a variety of diverse foods and flavors on their healthy plates.

JAPAN

Food in Japan symbolizes joy, celebration and connection to nature and people equally. Meals are not just about the ingredients, but the practice of food to best support the body and overall health. Nutritious Japanese food choices: edamame, fish, octopus, squid, shrimp, clams, fermented foods like sake, rice vinegar, miso and shoyu.

VENEZUELA

Venezuelan cuisine is centered around full and hearty produce, accompanied with robust and fascinating flavors. Cuisines have a lot of European influences, specifically Spanish, French, and Italian, as well as Indian, Dutch Caribbean, and African in some areas. Nutritious Venezuelan food choices: corn, beans, papaya, mango, watermelon, orange, tangerine, cantaloupe, pineapple, sweet chili peppers, limes, cilantro, spearmint, parsley and green onion.

ZIMBABWE

A Zimbabwean-style meal means sitting on reed mats, taking turns washing hands in a hollowed gourd basin and then digging into the metal communal platters full of delicious food harvested from ancestral land. Crops consist of colorful vegetables, gourds, melons and indigenous grains such as millet, sorghum and corn. Nutritious Zimbabwean food choices: millet, sorghum, corn, okra, wild mushrooms, curry powder and insects (sustainable source of lean protein). Nutritious Zimbabwean food choices: sadza (millet-, sorghum- or corn-based thick porridge), okra, wild mushrooms, curry powder and insects (locusts, flying ants and mopane worms).

SWEDEN

Swedish dishes are heavily influenced by seasonal and local food availability. The northern region experiences cold temperatures making rye, barley, root vegetables like potatoes, rutabagas and parsnips, and cruciferous vegetables easiest to grow. The forest also influences Swedish cooking – game meat, berries and mushrooms are staple ingredients in many recipes. Nutritious Swedish food choices: blueberries, raspberries, lingonberries, cloudberries, blackberries, root vegetables, cod, herring, shrimp, salmon, trout, perch and pike.