

April 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
April Is...Arab American Heritage Month...Financial Literacy Month... Mathematics Awareness Month...National Minority Health Month... Jazz Appreciation Month...and National Volunteer Month			All meals served with 1/2 pint of 1% milk All meals subject to change without notice	1 Macaroni and Cheese Stewed Tomatoes Rye Bread Apple Crisp
4	5	6	7	8
Chili and Cheese Rice California Mix Vegetables Italian Bread Tropical Fruit	BBQ Rib on a Bun Tater Tots Cauliflower Diced Pears	Turkey and Gravy Mashed Potato Green Beans Dinner Roll Apricots	Italian Meatballs Ziti and Sauce Italian Mixed Vegetable Italian Bread Mandarin Orange	Cheese Omelet Rice and Beans Broccoli Whole Wheat Bread Fruited Jello
11	12	13	14 (Easter Meal)	15
Stuffed Shells Capri Mix Vegetable Italian Bread Peaches	Ham Steak Mashed Sweet Potato Brussels Sprouts Whole Wheat Bread Pineapple	Turkey Macaroni Casserole Mixed Vegetable Italian Bread Pears	Chicken Marsala Parslied Potatoes Green Bean Almondine Dinner Roll Apple Crisp	Fish Sandwich on a Hamburger Roll Tater Tots Sliced Carrots Vanilla Pudding
18	19	20	21	22
Swedish Meatballs Noodles Wax Beans Stonewheat Bread Fruit Cocktail	Turkey Hot Dogs w/Mustard Baked Beans Broccoli Mandarin Orange	Chicken Creole w/Vegetables Rice Rye Bread Apricots	Roast Pork and Gravy Red Potatoes California Mix Vegetables Whole Wheat Bread Applesauce	Hamburger with Bun Tater Tots Peas and Carrots Cupcake
25	26	27	28	29
Lasagna Rollup Italian Mix Vegetables Italian Bread Tropical Fruit	Turkey a la King with Mixed Vegetables Red Potatoes Biscuit Fruited Jello	Beef Pepper Steak Buttered Noodles Oriental Mix Vegetables Rye Bread Sliced Pears	Sweet and Sour Chicken New Potatoes Brussels Sprouts Stonewheat Bread Pineapple	Apple Sausage Red Beans and Rice Spinach Italian Bread Chocolate Pudding

Marcus J. Molinaro • County Executive



Todd N. Tancredi • Director, Office for the Aging

Plant-Forward Eating

— GOOD FOR YOU AND THE PLANET —

EATING MORE PLANTS IS GOOD FOR THE PLANET
conserves water,
preserves forests,
reduces greenhouse
gas emissions and
protects biodiversity

A plant-based plate supports a healthy you and a healthy planet. Unfortunately, the way we currently eat is harming our health and our planet: disease, obesity and global temperatures are on the rise. The good news is we can change this by eating more plants in our diet

EATING MORE PLANTS IS GOOD FOR YOU
lowers disease
risk, such as type
2 diabetes, heart
disease, obesity
and cancer, and is
linked to longevity

Make a positive plate shift to **reduce or eliminate animal products** while **emphasizing whole, plant-based foods**. Each approach below will make a positive impact on your health and on the planet. Choose the one that works best for you.

Completely Plant-Based Diet:
In all 3 meals at least half the plate is filled with vegetables and/or fruit and the other half with nuts, whole grains and legumes.

Reduced Meat and Dairy Diet:
In all 3 meals at least half the plate is filled with vegetables and/or fruit and the other half with whole grains and may or may not include meat, poultry, fish, eggs, dairy or plant-protein sources such as legumes, nuts and seeds.

If you choose to eat meat, the recommendation for a healthy plate and a healthy planet is...

UP TO 2 ANIMAL PRODUCTS PER DAY, which may include:

Up to **1 DAIRY**
serving per day
(yogurt, milk
or cheese)

Up to
2 EGGS
per week

Up to
1 RED MEAT
serving per
week

Up to
2 SEAFOOD
servings per
week

Up to
2 POULTRY
servings per
week