

# May 2022 Menu

Dutchess County Office for the Aging - Nutrition  
 114 Delafield St  
 Poughkeepsie NY 12601  
 845-486-2555 • www.dutchessny.gov/OFANutrition



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Turkey Macaroni Casserole California Mixed Vegetables Whole Wheat Roll Applesauce	Salisbury Steak Red Potato Peas and Carrots Whole Wheat Bread Pears	Cheese Omelet Rice and Beans Broccoli English Muffin Pears	Italian Meatballs Ziti and Sauce Italian Mix Vegetables Italian Bread Peaches	Fish Sticks Tater Tots Capri Vegetables Rye Bread Pineapple
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Barbecue Rib Baked Beans Hamburger Roll Broccoli Applesauce	Chicken Cordon Bleu Parslied Red Potato Green Bean Almondine Whole Wheat Roll Brownie	Turkey Hot Dogs Tater Tots Carrots Hot Dog Rolls Cookies	Chicken Parmesan Ziti in Sauce Italian Mixed Vegetables Whole Wheat Bread Vanilla Pudding	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Tropical Fruit
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Ham Steak / Pineapple Sauce Sweet Potatoes California Mixed Vegetables Italian Bread Mandarin Orange	Polish Sausage German Potato Salad Sliced Carrots Hot Dog Bun Pineapple	Sweet and Sour Chicken New Potatoes Brussels Sprouts Italian Bread Sliced Peaches	Chili with Cheese Rice Green Beans Italian Bread Fruit Cocktail	Fish Sandwich on a Roll Tater Tots Green Beans Fruited Jello
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Meatloaf and Gravy Mashed Potatoes Peas and Carrots Biscuit Apricots	Beef Stroganoff with Noodles Spinach Whole Wheat Bread Mandarin Oranges	Chicken a la King with Mixed Vegetables Rice Whole Wheat Bread Tropical Fruit	Roast Pork with Gravy Red Potatoes Capri Mixed Vegetables Whole Wheat Roll Applesauce	Hamburger Baked Beans Corn Hamburger Bun Cookie
<b>30 - Memorial Day</b>	<b>31</b>	<b>All meals served with 1/2 pint of 1% milk</b>  <b>All meals subject to change without notice</b>	<b>May is... Older Americans Month</b> <b>Asian and Pacific American Heritage Month</b> <b>Haitian Heritage Month</b> <b>Jewish American Heritage Month</b> <b>National Pet Month</b>	
Office for the Aging and OFA Friendship Centers Closed	Stuffed Shells Broccoli Italian Bread Sliced Pears			

Marcus J. Molinaro • County Executive



Todd N. Tancredi • Director, Office for the Aging

# Is Healthy Takeout Possible?

We're taking out food more than ever these days. More than 65 percent of us are regularly ordering meals out, according to the National Restaurant Association. Getting food "to go" can be a bit of a challenge when you're trying to eat healthy: a recent Tufts study found that 50 percent of meals consumed by Americans from full-service restaurants, and 70 percent from fast-food/quick-serve restaurants, were of poor nutritional quality.

## Healthier options are possible.

You can dial up the nutrition, without compromising on flavor and satisfaction, with just a few simple modifications.

To make takeout choices healthier, try these tips:

- **Emphasize plant foods.** Look for dishes containing mainly vegetables, beans, and whole grains, and ask to substitute non-starchy veggies in place of a less healthy sides. Eating more minimally processed plant foods (fruits, nuts, seeds, vegetables, beans, whole grains, and plant oils) is linked to better health.
- **Watch refined carbs.** Skip dishes made with lots of refined carbohydrates (like white rice and pasta-based dishes) and avoid common double servings like potatoes and a dinner roll or pizza and breadsticks. Request and choose whole grain in place of refined grain dishes.
- **Limit processed meat.** Order healthier proteins, like seafood, bean, and poultry options. Evidence has consistently shown a link between consuming processed meats (like pepperoni, ham, sausage, bacon, and deli turkey) and diabetes, stroke, heart disease, cancer, and premature death.
- **Minimize sodium.** Restaurant food can be very high in sodium, so ask for high sodium items like sauces and dressings on the side and skip or eat smaller portions of soups and bread.
- **Eat half.** Avoid eating more than you need by saving some for another time, choosing smaller options, splitting with a household member, or ordering an appetizer as a meal.
- **Choose healthier preparations.** Grilled or baked is preferable to breaded and fried.
- **Plan ahead.** Check menus (and, when available, nutrient information) in advance so you can make healthy choices without temptation.
- **Ask!** Many restaurants are willing to make healthy swaps and preparations upon request. If you don't see healthier options on the menu, ask. Restaurants are increasingly flexible when it comes to food preferences. Oftentimes, there are so-called "secret" menus for those in the know. If your favorite restaurant doesn't have healthier options, they may begin to offer them if customers ask.