

August 2022 Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Turkey and Macaroni Casserole Green Beans Italian Bread Peaches	Ham Steak Sweet Potatoes Capri Mixed Vegetables Whole Wheat Bread Pineapple	Chicken Creole with Mixed Vegetables Rice Rye Bread Applesauce	Italian Meatballs Ziti and Sauce Italian Mixed Vegetables Italian Bread Tropical Fruit	Cheese Omelet Tater Tots Broccoli Whole Wheat Bread Fresh Orange
8	9	10	11	12
Chicken Marsala Mashed Potatoes Sliced Carrots Whole Wheat Bread Apricots	Sloppy Joe Rice and Beans Buttered Corn Hamburger Roll Fruit Cocktail	Chicken Salad Macaroni Salad Cole Slaw Whole Wheat Bread Peaches	Meatloaf and Gravy Red Potatoes Green Beans Italian Bread Mandarin Orange	Apple Sausage with Sauerkraut Capri Mixed Vegetables Hot Dog Roll Pound Cake
15	16	17	18	19
Stuffed Shells Italian Mixed Vegetables Italian Bread Pudding	Swedish Meatballs Buttered Pasta California Mixed Vegetables Whole Wheat Bread Pineapple Chunks	Chicken Parmesan Ziti and Sauce Broccoli Italian Bread Apricots	Roast Pork and Gravy Mashed Potatoes Wax Beans Whole Wheat Bread Applesauce	Macaroni and Cheese Stewed Tomatoes Sliced Carrots English Muffin Tropical Fruit
22	23	24	25	26
Chili and Cheese Rice Green Beans Whole Wheat Bread Pears	Pepper Chicken Patty New Potatoes Cauliflower Hamburger Roll Mandarin Orange	Salisbury Steak Mashed Potatoes Brussels Sprouts Whole Wheat Bread Peaches	BBQ Sandwich Baked Beans Spinach Hamburger Roll Fruit Cocktail	Ham Salad Pasta Salad 3 Bean Salad Hamburger Roll Jell-o
29	30	31	August is National Dog Month National Catfish Month Crayon Collection Month	<i>All meals served with 1/2 pint of 1% milk</i> <i>Meals subject to change without notice</i>
Hamburger Tater Tots Broccoli Florets Hamburger Roll Pineapple	Italian Sausage and Pepper with Onions Rice and Beans Hot Dog Roll Apricots	Chicken a la King with Mixed Vegetables Red Potatoes Whole Wheat Bread Pudding		



beat the summer heat

STAY

Hydrated!

Good hydration is one of the most important aspects of a healthy diet. Drinking enough fluid allows our bodily functions to take place as they should. Water is the best source of fluid but most all fluid counts. Read on to learn more.

7 Health Benefits of Proper Hydration

- Support a healthy immune system
- Maximizes physical performance and brain function
- Improves energy levels
- Supports digestion
- May Help Relieve Constipation
- May prevent kidney stones
- Decreases joint pain

8 Ways to Drink More Water:

1. Know Your Fluid Needs First

Women need about 11.5 cups of fluids per day. How much you need depends on your environment, diet, the season, activity level and overall health. A general guideline: women need about 11.5 cups of fluids per day and men need about 15.5 cups of fluids per day. 20% of your fluid intake should come from food.

2. Set a Daily Water Intake Goal

Record your progress to help keep you on track.

3. Always Have Water with You

Keep a water bottle within reach throughout the day.

4. Set Reminders

Use an app or an alarm to remind yourself to drink water.

5. Drink One Glass of Water Before Each Meal

This habit may add up to 3 extra cups to your daily water intake.

6. Choose Water When Eating Out

You'll save money and reduce calories.

7. Flavor Your Water

Add fruits like lime, lemon, strawberries and kiwi for a boost in flavor.

8. Eat More Hydrating Foods

Try watermelon, strawberries, cabbage, cucumbers, grapefruit, soup, plain yogurt and cottage cheese.