

January 2026 Menu

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



All meals served with 1/2 pint of 1% milk • Meals subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i>			1 - New Year's Day	2
			OFA Offices and Friendship Centers Closed	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Tropical Fruit
5	6	7	8	9
BBQ Rib Sandwich Rice and Beans Capri Vegetables Whole Wheat Bread Cookies	Italian Meatballs Pasta in Sauce Italian Mixed Vegetables Whole Wheat Bread Peaches	Turkey and Gracy Mashed Potatoes Green Beans Whole Wheat Bread Fruit Cocktail	Cheese Omelet Hash Brown 4-Way Mixed Vegetables Whole Wheat Bread Pudding	Ham Steak Mashed Sweet Potato Broccoli Whole Wheat Bread Pineapple Tidbits
12	13	14	15	17
Turkey Macaroni Casserole Scandinavian Mixed Vegetables Whole Wheat Bread Cookies	Kielbasa with Sauerkraut Rice and Beans Buttered Corn Whole Wheat Bread Applesauce	Salisbury Steak Parslied Potato Winter Mix Vegetables Whole Wheat Bread Sliced Apples	Chicken and Gravy Mashed Potato Brussels Sprouts Whole Wheat Bread Fruit Cocktail	Fish Sandwich Rice and Beans Diced Carrots Hamburger Roll Peaches
19 - Martin Luther King, Jr. Day	20	21	22	23
OFA Offices and Friendship Centers Closed	Chicken Creole with Mixed Vegetables Rice Whole Wheat Bread Cookies	Hamburger Baked Beans Diced Potatoes Hamburger Roll Pineapple	Swedish Meatballs Buttered Noodles Capri Mixed Vegetables Whole Wheat Bread Pudding	Roast Pork and Gravy Red Potato Broccoli Whole Wheat Bread Applesauce
26	27	28	29	30
Chicken Parmesan Pasta in Sauce Italian Mix Vegetable Whole Wheat Bread Cookies	Chili and Cheese Rice Green Beans Whole Wheat Bread Peaches	Pepper Steak with Mixed Vegetables Egg Noodles Whole Wheat Bread Sliced Apples	Chicken Sandwich Rice and Beans Peas Hamburger Roll Pears	Hamburger Baked Beans Buttered Corn Hamburger Roll Pudding

Sue Serino • County Executive

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Todd N. Tancredi • Director, Office for the Aging

NOURISH TO FLOURISH

IN THE NEW YEAR

NUTRIENTS WORTH ADDING

As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women), 30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need? 2,600 mg/day (women), 3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

Supplements may help if sunlight exposure is limited.



Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract