

# May 2026 Menu

Dutchess County Office for the Aging - Nutrition  
 114 Delafield St  
 Poughkeepsie NY 12601  
 845-486-2555 • [dutchessny.gov/OFANutrition](http://dutchessny.gov/OFANutrition)

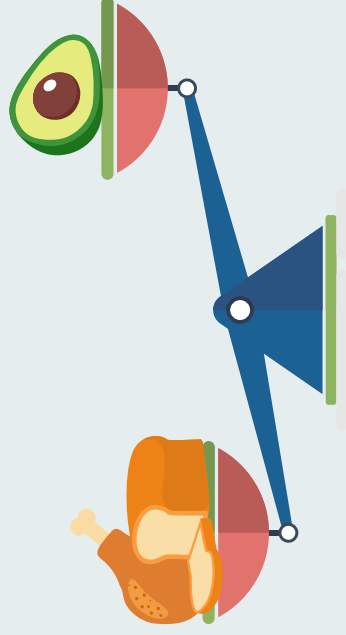


**All meals served with 1/2 pint of 1% milk • Meals subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>If you have a food allergy, contact OFA at 845-486-2555 or <a href="mailto:ofa@dutchessny.gov">ofa@dutchessny.gov</a></i></p>		<p><b>OFA Summer Picnics - Schedule at <a href="http://dutchessny.gov/ofapicnics">dutchessny.gov/ofapicnics</a></b></p>		<b>1</b>
				Cheese Omelet Hash Browns Diced Carrots Whole Wheat Bread Pears
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Cookies	Chicken Creole with Mixed Vegetables Rice Whole Wheat Bread Pineapple	Italian Meatballs Pasta in Sauce Italian Mixed Vegetables Whole Wheat Bread Peaches	Pork Roast with Gravy Red Potatoes Herbed Cauliflower Whole Wheat Bread Applesauce	Chicken Nuggets Rice and Beans Buttered Corn Whole Wheat Bread Pudding
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Marsala Whipped Potatoes Green Beans Whole Wheat Bread Apple Crisp	Chili and Cheese Rice Mixed Vegetables Whole Wheat Bread Pineapple	Salisbury Steak Parslied Potatoes Brussels Sprouts Whole Wheat Bread Fruit Cocktail	Stuffed Shells Italian Mixed Vegetables Whole Wheat Bread Pears	Fish Sandwich Rice and Beans Sliced Carrots Hamburger Bun Cookie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Chicken Parmesan Pasta and Sauce Italian Mixed Vegetables Whole Wheat Bread Peaches	Baked Ham Mashed Sweet Potatoes Scandinavian Mixed Vegetables Whole Wheat Bread Pineapple	Chicken Sandwich Rice and Beans Mixed Vegetables Hamburger Bun Tropical Fruit	Turkey Macaroni Casserole Broccoli Whole Wheat Bread Applesauce	Italian Sausage and Peppers Rice Green Beans Whole Wheat Bread Pudding
<b>25 - Memorial Day</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>OFA Office and Friendship Centers Closed</b></p>	BBQ Rib Parslied Potatoes Buttered Peas Whole Wheat Bread Cookie	Hamburger on a Bun Baked Beans Corn Fruit Cocktail	Swedish Meatballs Buttered Noodles Scandinavian Mixed Vegetables Whole Wheat Bread Sliced Apples	Kielbasa and Sauerkraut Rice and Beans Green Beans Whole Wheat Bread Peaches

# MASTERING YOUR MAGROS:

## THE BASICS OF BALANCED NUTRITION



Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

### Carbohydrates Your Body's Main Energy Source

**What they do:** Give you energy for daily activities and help your brain and muscles work well.

**Best choices:** Whole grains, fruits, vegetables, beans, and lentils.

**Why they matter for seniors:** *Fiber-rich carbs help digestion and support heart health.*

**Recommended amount:** About 45–65% of total calories.

### Protein Supports Muscles & Healing

**What it does:** Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

**Best choices:** Fish, seafood, poultry, lean red meat, eggs, and tofu.

**Senior tip:** *Eating protein evenly throughout the day supports muscle maintenance.*

**Recommended amount:** About 10–35% of total calories.

### Healthy Fats Good for Heart & Brain

**What they do:** Support brain function, protect organs, and help your body absorb vitamins.

**Best choices:** Avocados, nuts, seeds, olive or canola oil, and fatty fish.

**Senior tip:** *Choose unsaturated fats more often; limit saturated and trans fats.*

**Recommended amount:** About 20–35% of total calories.

#### Examples

**Most Foods Contain  
More Than One Macro**

**Beans, lentils, quinoa,  
milk, yogurt:**  
carbs + protein

**Nuts, seeds, salmon:**  
protein + healthy fats

**Eating a variety of foods helps you get the benefits of all three.**