

July 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
<p><i>If you have a food allergy, contact OFA at 845-486-2555 or ofa@dutchessny.gov</i></p>		1	2	3
		Cheese Omelet Hash Brown Summer Mixed Vegetable Peaches Whole Wheat Bread	Macaroni and Cheese Stewed Tomatoes Pudding Whole Wheat Bread	Independence Day (observed) OFA Office and Friendship Centers Closed
6	7	8	9	10
Chili and Cheese Rice Sliced Carrots Cookies Whole Wheat Bread	Meatloaf and Brown Gravy Red Potatoes Green Beans Apricots Whole Wheat Bread	Chicken Sandwich Baked Beans Buttered Corn Fruit Cocktail Hamburger Roll	Italian Meatballs Rotini and sauce Italian Vegetables Peaches Whole Wheat Bread	Chicken Salad Carrot Raisin Salad Pasta Salad Pears Whole Wheat Bread
13	14	15	16	17
Macaroni Casserole Mixed Vegetables Tropical Fruit Whole Wheat Bread	Roast Pork and Gravy Mashed Potatoes Diced Carrots Applesauce Whole Wheat Bread	Chicken Parmesan Pasta with Sauce Italian Mix Vegetables Pineapple Whole Wheat Bread	Hamburger on a Roll Baked Beans Mixed Vegetables Sliced Apples Whole Wheat Bread	Sloppy Joe Rice Peas Pudding Whole Wheat Bread
20	21	22	23	24
Pineapple Baked Ham Mashed Yams Green Beans Cookie Whole Wheat Bread	Turkey and Gravy Mashed Potato Broccoli Sliced Peaches Whole Wheat Bread	Stuffed Shells Summer Vegetables Apple Crisp Whole Wheat Bread	Chicken Marsala Parslied Potatoes Buttered Peas Pineapple Whole Wheat Bread	Fish Square Hash Browns Diced Carrots Fruit Cocktail Hamburger Roll
27	28	29	30	31
Swedish Meatballs Buttered Noodles Mixed Vegetables Cookies Whole Wheat Bread	BBQ Rib Rice Buttered Corn Applesauce Whole Wheat Bread	Salisbury Steak and Gravy Parslied Potatoes Green Beans Pears Whole Wheat Bread	Chicken Sandwich Rice and Beans Broccoli Sliced Peaches Hamburger Roll	Seafood Salad Three Bean Salad Pasta Salad Pudding Whole Wheat Bread



beat the summer heat

STAY

Hydrated!

Why Hydrate

Proper hydration is important for normal body function. Being well-hydrated supports your immune system, energy levels, brain function, and physical performance. It may also help relieve and prevent headaches, constipation, and kidney stones, aid in weight loss, and decrease joint pain.

Daily Fluid Requirements

Women: 11.5 cups

Men: 15.5 cups

Signs You May Be Dehydrated

Know the signs of dehydration. Signs may include:

- Intense thirst
- Exhaustion or increased perception of effort
- Increased body temperature
- Faster breathing and pulse rate
- Dark urine color
- Confusion
- Fainting

What to Eat and Drink

Water is the healthiest and most efficient way to stay hydrated but 20% of your daily fluid needs can come from the foods you eat or other beverages you drink. Here are some alternative ways to stay hydrated:

1. **Infused Water** - Add natural flavors to your water by infusing it with slices of fruits, vegetables, or herbs, like lemon, cucumber, and mint.
2. **Milk & Plant-based Milk Alternatives** – Liquid milk and plant-based milks, yogurt, and cottage cheese contribute to hydration while providing additional nutrients like calcium and vitamin D.
3. **Water-Rich Fruits and Vegetables** – Consume fruits and vegetables with high water content, such as watermelon, cucumber, celery, oranges, strawberries, and lettuce.
4. **Smoothies** – Create hydrating smoothies by blending water-rich fruits, vegetables, and yogurt or a plant-based milk alternative.
5. **Broths and Soups** – These contribute to your overall fluid intake while providing additional nutrients. Aim for low-sodium options.
6. **Ice Pops and Frozen Treats** – Make homemade ice pops using pureed fruits or 100% fruit juices. These can be a refreshing and hydrating option during hot summer months.
7. **Low Sugar Mocktails** – Enjoy refreshing beverages without the excessive sugar found in many traditional cocktails or the dehydrating effects of alcohol.