

September 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	2	3	4
	Ham Steak Sweet Potato Green Beans Whole Wheat Bread Pineapple	Chicken Nuggets Rice and Beans Scandinavian Vegetables Whole Wheat Bread Applesauce	Salisbury Beef Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fruit Cocktail	Labor Day Picnic Meal Chicken Salad Pasta Salad Carrot and Raisin Salad Oatmeal Cream Cookie
7 - Labor Day	8	9	10	11
OFA Office and Friendship Centers Closed	Turkey Macaroni Casserole Diced Carrots Whole Wheat Bread Peaches	Chicken and Gravy Red Potatoes Peas Whole Wheat Bread Apricots	Chili and Cheese Rice Mixed Vegetables Whole Wheat Bread Jello	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Pudding
14	15	16	17	18
Chicken a la King with Mixed Vegetables Red Potatoes Whole Wheat Bread Cookies	BBQ Rib Patty Baked Beans Buttered Corn Whole Wheat Bread Applesauce	Italian Meatballs Pasta and Sauce Italian Mixed Vegetables Whole Wheat Bread Tropical Fruit	Meatloaf and Gravy Mashed Potatoes Green Beans Whole Wheat Bread Pears	Fish Square Rice and Beans Diced Carrots Whole Wheat Bread Pineapple
21	22	23	24	25
Swedish Meatballs Buttered Noodles California Mixed Vegetables Wheat Bread Cookies	Sweet and Sour Pork Parslied Potato Green Peas Whole Wheat Bread Sliced Apples	Chicken Sandwich Baked Beans Mixed Vegetables Whole Wheat Bread Fruit Cocktail	Kielbasa Rice and Beans Carrots Whole Wheat Bread Peaches	Cheese Omelet Hash Brown Broccoli Whole Wheat Bread Pudding
28	29	30	<i>Visit dutchessny.gov/ofanutrition for menus, Friendship Center calendars, and simple, healthy recipes in our monthly "Nutrition News"</i>	
Sloppy Joe Rice Capri Mix Vegetable Whole Wheat Bread Cookies	Turkey and Gravy Mashed Potato Green Beans Whole Wheat Bread Apricots	Meatloaf Red Potatoes Mixed Vegetable Whole Wheat Bread Applesauce		



Small Changes, **BIG** Benefits

Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN	MEN
~25 grams/day	~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds



Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1–2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.

Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!