October 2020 Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS SERVED WITH ½ PINT OF 1% MILK Meals are subject to change without notice.	**Marcus J. Molinaro** **County Executive** **Todd N. Tancredi** **Director, Office for the Aging**		**1**	**2**
			Sweet and Sour Chicken Brown Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges	Breaded Fish Sandwich Tater Tots Sliced Carrots Hamburger Roll Peaches
5	**6**	**7**	**8**	**9**
Baked Ham Steak Sweet Potato Green Beans Whole Wheat Bread Pineapple	Stuffed Shells Italian Mix Vegetables Italian Bread Tropical Fruit	BBQ Rib Sandwich Sweet Potato Fries Broccoli Florets Hamburger Roll Cookies	Turkey a la King with Mixed Vegetables Red Potatoes Rye Bread Chocolate Pudding	Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Apple
12 - Columbus Day	**13**	**14**	**15**	**16**
Office for the Aging Closed	Meat Loaf / Gravy Mashed Potatoes California Mix Whole Wheat Roll Diced Pears	Seafood Creole Rice Broccoli Stone Wheat Bread Apricots	Roast Pork w/ Rosemary Red Potatoes Spinach Whole Wheat Roll Applesauce	Kielbasa / Sauerkraut Tater Tots Hot Dog Roll Cupcake
19	**20**	**21**	**22**	**23**
Sloppy Joe / Bun Rice Italian Mix Vegetables Mandarin Oranges	Swedish Meatballs Noodles Sliced Carrots Hamburger Pineapple	Chicken Parmesan Ziti in Sauce Capri Mixed Vegetable Italian Bread Sliced Apples	Beef Barley Stew with Vegetables Red Potatoes Rye Bread Brownie	Turkey Hot Dogs Hot Dog Buns / Mustard Baked Beans Broccoli Peaches
26	**27**	**28**	**29**	**30**
Beef & Macaroni California Blend Vegetables Whole Wheat Bread Tropical Fruit	Sausage & Peppers Sweet Potato Fries Hot Dog Roll Pineapple	Lemon Chicken Spanish Rice Whole Green Beans Stone Wheat Bread Fruit Cocktail	Salisbury Steak Mashed Potatoes Buttered Corn Italian Bread	Chili and Cheese Rice Peas and Carrots Whole Wheat Roll Pumpkin Donut

A Publication of the Dutchess County Office for the Aging

Nutrition Program Menu

October 2020

Autumn Is Squash Season

Autumn is here, and with it comes a wide variety of versatile winter squash. This seasonal staple can expand yout nutritional profile and brighten the appearance of your fall and winter plates.

Winter squash is neither grown nor harvested in winter, but its lengthy storage time allows us to enjoy it throughout the winter. There are hundreds of varieties of squash, each with a unique size, shape, color, texture and flavor - see the chart below for a look at a few of them. (On the chart, “DV” stands for nutritional “daily value.”)

The Science of Squash

The flesh of winter squash ranges from sunny yellow to deep orange. These colors are indicative of phytochemicals called carotenoids. These carotenoids, alpha and beta carotene, function as precursors to vision-protecting vitamin A. The phytochemicals lutein and zeaxanthin, found in winter squash as well as other yellow/orange/red vegetables, may help reduce progression of age-related macular degeneration. Winter squash are also sources of vitamins and minerals, including vitamin C, potassium, and magnesium.

In Your Kitchen

Preparation for most varieties is similar. Begin by cutting the squash in half lengthwise (through the stem) and scraping out the seeds. Roast, bake, or microwave in halves—stuffed or unstuffed. Peel and cut into smaller chunks for quicker cooking, including steaming and sautéing. Many stores offer pre-cut winter squash and frozen ready-to-use options. Winter squash make great additions to stews, salads, and chilis, or try them boiled and pureed as a base for soups. Common winter squash, like butternut, acorn, and spaghetti, are readily available. For a change of pace, seek out less well-known varieties like buttercup, delicata, or Hubbard.

The vibrant oranges and yellows brighten a winter’s meal, and the flavors combine with both sweet and savory dishes, delivering a hearty, healthy host of nutrients that won’t disappoint.

Type	Appearance	Taste	Key Nutrients (per 1 cup)
Acorn	Green or orange skin with vertical ridges; yellow flesh	Mild to bland, slightly buttery	Fiber 36% DV Vitamin A 18% DV Vitamin C 37% DV Potassium 26% DV
Buttercup squash	Green or orange; shaped like a small pumpkin; orange flesh	Mildly sweet, dry flesh	Vitamin A 18% DV Vitamin C 37% DV Potassium 26% DV Manganese 25%
Butternut	Creamy tan smooth skin; bell-shaped; orange flesh	Sweet, nutty moist, smooth texture	Vitamin A 18% DV Vitamin C 37% DV Vitamin E 13% DV Vitamin B6 13% DV
Delicata	Yellow with green stripes; oblong; orange-yellow flesh	Creamy texture, mild sweet-potato like flavor; edible skin	Fiber 23% DV Vitamin A 214% DV Vitamin C 33% DV Potassium 14% DV
Spaghetti	Yellow skin; oblong; yellow flesh that separates into ’noodles’ when cooked	Mild, slightly sweet flavor	Fiber 9% DV Vitamin A 3% DV Vitamin C 9% DV
Sugar Pumpkin	Thick orange skin; small, round; yellow-orange flesh	Earthy, classic pumpkin flavor	Vitamin A 245% DV Vitamin C 19% DV Potassium 16% DV