



# June 2022 Menu

For the safety of yourself and others, please wear a mask when accepting your meals.

**Menu may change without notice.**

Special Diet meals may be different than stated on the menu to meet dietary requirements.

**If you receive one meal per day, you will be served the hot meal. You will only be served the cold meal if you receive two meals per day.**

If you have any questions about your meals or items on the menu, please call Dunkirk-Fredonia Meals on Wheels at (716) 366-8822.

Meal inquires can be sent to:  
196 Newton Street,  
Suite 5, Fredonia, NY  
14063.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 30 – Memorial Day</b>	<b>May 31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<i>No meals served due to holiday.</i>	<b>Hot Meal:</b> Vegetable Quiche with Cheese Sauce, Spinach, Harvard Beets	<b>Hot Meal:</b> Breaded Chicken Drumsticks, Broccoli Cheese Rice Casserole, Carrots <b>Cold Meal:</b> Hardboiled Eggs with Wheat Bread	<b>Hot Meal:</b> Buffalo Style Breaded Chicken Breast with Buffalo Style Sauce, Fiesta Corn, Broccoli <b>Cold Meal:</b> Ham with White Bread	<b>Hot Meal:</b> Meatballs with Gravy, Cauliflower, Mixed Vegetables <b>Cold Meal:</b> Yellow American Cheese with Wheat Bread
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Hot Meal:</b> Beef Stew with Vegetables, Mashed Potatoes <b>Cold Meal:</b> Tuna Pasta Salad with White Bread	<b>Hot Meal:</b> Roast Pork with Warm Cinnamon Apples, Mashed Butternut Squash <b>Cold Meal:</b> Chicken Salad with White Bread	<b>Hot Meal:</b> Tomato Meat Sauce with Cheese and Pasta, Carrots, Peas <b>Cold Meal:</b> White American Cheese with Wheat Bread	<b>Hot Meal:</b> Ham Steak with Maple Glaze, Scalloped Potatoes, Peas with Red Pepper <b>Cold Meal:</b> Egg Salad with White Bread	<b>Hot Meal:</b> Turkey a la King, Mashed Potatoes, Carrots <b>Cold Meal:</b> Peanut Butter and Jelly with Multigrain Bread
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Hot Meal:</b> Beer Battered Fish, Rice Pilaf, Broccoli <b>Cold Meal:</b> Cooked Chicken Breast with Wheat Bread	<b>Hot Meal:</b> Boneless Breaded Chicken Breast with Tomato Sauce, Wax Beans, Spinach <b>Cold Meal:</b> Tuna Salad with Wheat Bread	<b>Hot Meal:</b> Sliced Roast Beef with Onion Gravy, Sweet Potatoes, Brussels Sprouts <b>Cold Meal:</b> Peanut Butter and Jelly with White Bread	<b>Hot Meal:</b> Italian Sausage with Peppers, Onions and Tomato Sauce; Roasted Red Potatoes, Mixed Vegetables <b>Cold Meal:</b> Turkey with Wheat Bread	<b>Hot Meal:</b> Breaded Chicken Drumsticks, Au Gratin Potatoes, Green Beans <b>Cold Meal:</b> White American Cheese with Wheat Bread
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Hot Meal:</b> Boneless Chicken Breast with Lemon Herb Sauce, Sweet Potatoes, Peas <b>Cold Meal:</b> Ham with Multigrain Bread	<b>Hot Meal:</b> Chili con Carne, Carrots, White Rice <b>Cold Meal:</b> Chicken Salad with Wheat Bread	<b>Hot Meal:</b> Breaded Pork Chop with Gravy, Ranch Mashed Potatoes, Broccoli Florets <b>Cold Meal:</b> Peanut Butter and Jelly with Rye Bread	<b>Hot Meal:</b> Pork Ribette with BBQ Sauce, Cheesy Mashed Potatoes, Seasoned Mixed Greens <b>Cold Meal:</b> Turkey with Wheat Bread	<b>Hot Meal:</b> Beef Stew with Vegetables, Brussels Sprouts <b>Cold Meal:</b> Hardboiled Eggs with Rye Bread
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>July 1</b>
<b>Hot Meal:</b> Beef Macaroni Casserole, California Mixed Vegetables, Corn <b>Cold Meal:</b> Chicken Salad with Italian Bread	<b>Hot Meal:</b> Roast Turkey with Gravy, Mashed Potatoes, Peas and Carrots <b>Cold Meal:</b> Tuna Salad with Multigrain Bread	<b>Hot Meal:</b> Beer Battered Fish, Macaroni and Cheese, Green Beans <b>Cold Meal:</b> Yellow American Cheese with Wheat Bread	<b>Hot Meal:</b> Breaded Chicken Breast with Gravy, Green Beans with Garlic, Cauliflower <b>Cold Meal:</b> Egg Salad with Rye Bread	<b>Hot Meal:</b> Cheese Ravioli with Tomato Meat Sauce, Peas, Seasoned Summer Squash with Peppers <b>Cold Meal:</b> Peanut Butter and Jelly with Wheat Bread



# Hydration and Caffeine

Summer heat can increase your risk of dehydration. Here are a few tips to help you stay cool and hydrated this summer.

## Know the signs of dehydration

It is important that you are able to recognize the signs and symptoms of dehydration. Dehydration is a large loss of body fluids that impairs physical and mental function. Symptoms of dehydration include:

- Dark yellow colored urine or lack of urine production
- Lack of energy, confusion, and/or irritability
- Rapid heartbeat and/or breathing
- Sunken eyes and/or very dry skin
- Feeling dizzy or fainting

## Drink plenty of fluids

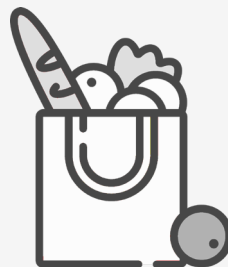
Drinking a variety of non-caffeinated beverages like water, juice or milk can help keep you well-hydrated. If you tend to forget to drink plenty of fluid during the day, try creating a schedule to help you reach your fluid goal.

The average person needs approximately 8 cups of fluid daily.

### In New York, 518,000 older adults are using SNAP to buy healthy food. Are you?

SNAP helps New York older adults 60+ buy healthy food at the grocery store. You can get help from SNAP if you have limited income and resources or high medical and living expenses. The amount you receive depends on household income from all sources, deductions of high medical or housing costs and how many people live in your household.

**Apply now: [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP)**



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National Council on Aging

## The effects of caffeine

Caffeinated beverages consumed in large amounts may cause dehydration.

- Caffeinated beverages include coffee, teas and soda.
- It is recommended one consumes no more than 400mg of caffeine/day. This is approximately 4 cups of coffee.

Caffeine is considered a stimulant. Stimulants may cause increased heart rate, increased blood pressure, jitters, sleeplessness and anxiety.

Many caffeinated beverages are highly acidic. Drinking these may worsen symptoms of heartburn and cause your stomach to be upset.

In moderation, caffeine can be part of an everyday healthy diet.

## If you think you are dehydrated

If you believe you are dehydrated, call your caregiver or medical provider for advice on how to increase your fluid intake.